

**Wind's (Feng)
talk on Lester
Levenson
(The Sedona
Method)**

Chat history 5

2021.01~04 2021.07.26 dasin 日

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January 1, 2021: Release the subconscious pressures and drives, let them out.

Xiaoli ☺~ 2021-01-01 07:07:32

"We were very careful to bring it to the surface, and then let go of the control, releasing the subconscious pressure and drive, and pouring out..."

"Purge them."

Yongen 2021-01-01 07:07:42

Where did you see this?

Xiaoli ☺~ 2021-01-01 07:07:50

About Releasing Regarding Liberation (1) - 早 Audio recordings of the Lester Levenson (The Sedona Method) period and the students establishing the Liberation Act

[http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbbdb444ef&mpshare=1&scene=1&srcid=0101IyxdQdaZrxJHNTOSQjBX&sharer_sharetime=1609456373574&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd](http://mp.weixin.qq.com/s?biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbbdb444ef&mpshare=1&scene=1&srcid=0101IyxdQdaZrxJHNTOSQjBX&sharer_sharetime=1609456373574&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd)

This

The story of how "wind" introduced the original release method: finally opening the path to continuous release and freedom.

[http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=513206482&idx=1&sn=7ac2291ac9ac3eb58377245026669d9a&chksm=0c291ee13b5e97f741fcaa940046e71cf43628218b30a3de6c70ad04498a350445278fd2673f&mpshare=1&scene=1&srcid=1215Jodq9VcKwW8ePyDbzmAM&sharer_sharetime=1609084044633&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd](http://mp.weixin.qq.com/s?biz=MzIxMjA5MTc0MA==&mid=513206482&idx=1&sn=7ac2291ac9ac3eb58377245026669d9a&chksm=0c291ee13b5e97f741fcaa940046e71cf43628218b30a3de6c70ad04498a350445278fd2673f&mpshare=1&scene=1&srcid=1215Jodq9VcKwW8ePyDbzmAM&sharer_sharetime=1609084044633&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd)

Original Release Method Course

[http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=513206462&idx=1&sn=82f1534c0460a850fef2897adbfce590&chksm=0c291e8d3b5e979b601b1841dfcbl1dca54652cb940fa21e0662d46c1a24073e685c07a34bedd&mpshare=1&scene=1&srcid=12295LpdVQ79gLPF3qNecca4&sharer_sharetime=1609193411604&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd](http://mp.weixin.qq.com/s?biz=MzIxMjA5MTc0MA==&mid=513206462&idx=1&sn=82f1534c0460a850fef2897adbfce590&chksm=0c291e8d3b5e979b601b1841dfcbl1dca54652cb940fa21e0662d46c1a24073e685c07a34bedd&mpshare=1&scene=1&srcid=12295LpdVQ79gLPF3qNecca4&sharer_sharetime=1609193411604&sharer_shareid=930c64e9408232ff8f518779ffaf819a#rd)

Xiaoli ☺~ 2021-01-01 07:10:24

I don't feel anything, I'm stuck. I'll finish watching these two.
It took me two days to read it from
beginning to end; I read the text
directly.

I only watched one or two videos, mainly to see how the release process actually works.

And focusing on the sensation emerging between the chest and abdomen, I specifically watched the video to see exactly where that area was.

2021-01-01 Don't joke around with yourself

Wind 2021-01-01 11:30:12

If you've confirmed that the method works, don't joke around with yourself.

2021-01-02 Allow it to surface, allow it to leave. No need to look outwards.

Xiaoli 2021-01-02 00:25:21

Entering a state of release as natural as breathing

[Awakening] Emptiness [Clarity] 2021-01-02 00:25:36

Seriously, in the very first part
of the six-step movie, they
started burping as if they were
all eager to get out, which made
things much easier.

Xiaoli 2021-01-02 00:31:14

And this only took a week.

COCO 2021-01-02 00:31:52

@Xiaoli, are you in? Have
you already entered? Xiaoli 2021-01-02
00:32:00

No, it's in the process of automatic release.

[Awakening] Emptiness [Clarity] 2021-01-02 00:33:16

What does automatic
release feel like? @Xiaoli Xiaoli
2021-01-02 00:34:19

It's hard to explain this state.

When you ask me questions, I'm just responding automatically.

[Awakening] Emptiness [Clarity] 2021-01-02 00:36:21

This is the first time I've felt
like I've released so much useless energy.
(Xiaoli, 2021-01-02 00:36:29)

No thought

[Awakening] Emptiness [Clarity]
2021-01-02 00:36:35

You're putting
knowledge into practice!
(Xiaoli, 2021-01-02 00:37:42)

Keep going, you can do it too!

[Awakening] Emptiness [Clarity] 2021-01-02 00:37:50

Thank you
@Xiaoli, keep
going from now
on!

Ode to Joy 2021-01-02 00:39:01

Is it okay to release tension while
lying in bed before sleeping at
night? (Xiaoli)

I often have trouble sleeping

[Awakening] Emptiness [Clarity] 2021-01-02 00:43:15

When I was asking myself this
question, I asked what was preventing
me from communicating with you, and he
told me it was fear, helplessness, and
despair.

So, after releasing all that tension, I felt much
better, like I'd been hungry. (Xiaoli, 2021-01-02 04:52:10)

Yes, that's what I did. At first, I sat to release the tension, but then my
body felt tired, so I leaned back. But even leaning back wasn't
comfortable.

Just lying down

The first time I encountered the fear of death was by lying down and
releasing it.

It's a bit like you're sitting and watching it, watching it keep going.

-Lester

When you decide you want freedom more than anything else, you can achieve it within months. You don't even need to know how to do it; you've already arrived. No more emotions (no) Feelings) , the mind becomes quiet, that's all.

-Lester

Xiaoli 2021-01-02 05:42:20

The reason you can't get out of your predicament quickly is that you're releasing only to make yourself feel better. This causes you to stop once you've achieved your goal , whereas if you were releasing for the sake of freedom, you wouldn't stop. You would cherish every opportunity you have to gain freedom. Every dip is a...

This is a fantastic opportunity for you. Every drop is a golden opportunity for release and rise.

-Lester

Xiaoli 2021-01-02 05:43:44

In that film, good and bad were exactly the same. It was a projection! That's what you have to know. Black.

What difference does it make whether
it's white, good or bad, hot or
cold?

-Lester

Xiaoli 2021-01-02 05:50:10

When you're at the peak of despair in your emotional state, allow yourself to experience all the feelings listed on the list—neither good nor bad, right nor wrong. Only then can you release these emotions, allowing them to surface and then leave. Don't look outwards; everything you need will be given to you.

2021-01-02 Wind and Heaven — Therefore, helping others is actually helping yourself.

Wind 2021-01-02 07:17:46



Tiancheng 2021-01-02 07:18:00

You will
directly merge into the
infinite wind 2021-01-02
08:21:43

I will merge
into the infinite perfection
of nature in this life.
(2021-01-02 08:42:59)

According to Yogananda
help six people reach
Jivan Mukta to become a
Siddhartha.

Wind 2021-01-02 08:43:56

The past life
has already been completed.

(Tiancheng, 2021-01-02
08:44:03)

(o) Wow!

Were you already Jivan Mukhtar
in a past life? (Wind, 2021-01-02 08:44:39)

no

Tiancheng 2021-01-02 08:45:03

In my past life,
you didn't have the freedom
of the wind. (2021-01-02
08:45:04)

I have helped
others achieve liberation.
(2021-01-02 08:45:14)

How can I help others
achieve freedom? (Posted by Feng,
2021-01-02 08:45:28)

No one's freedom depends on
the help of others; therefore,
helping others is actually
helping oneself.

Tiancheng 2021-01-02 08:45:57

Um

Wind 2021-01-02 08:46:08

For example, the woman who
offered the Buddha a bowl of porridge
(2021-01-02 08:46:22)

What happened to
that woman afterward? (Posted
by Feng on 2021-01-02 08:46:29)

Also freed

For example, the guy in the chat group who
translated "The Road to Ultimate Freedom"
has already achieved one...

That's me

Tiancheng 2021-01-02 08:47:18

Oh, I see.

In other words, even if I don't have freedom
But if I provide the correct
information to help others, that is my
contribution.

Wind 2021-01-02 08:48:16

Well, you're
naturally helpful .
(2021-01-02 08:48:26)

Um

Wind 2021-01-02 08:48:32

You provided guidance on the
other person's path to liberation.

(Tiancheng, 2021-01-02 08:49:03)

So helping others is
always the right thing to do?

(Wind, 2021-01-02 08:49:25)

uncertain

Tiancheng 2021-01-02 08:49:42

Does it depend on
whether it stems from self-interest?

(Wind, 2021-01-02 08:49:42)

You must first achieve it yourself,
otherwise you won't have the wisdom to
discern whether you are helping others.

Tiancheng 2021-01-02 08:51:11

Um

Will you merge directly into
infinity upon entering Samadhi? (Wind,
2021-01-02 08:52:46)

Won't

I will integrate
into the infinite perfection in
this life. (2021-01-02
08:52:57)

Um

I
understa
nd
praise
and
reverenc
e.

2021-01-02 Wind and Heaven — Every time you tell
yourself to decide to be free, you still stop, don't
you?

Tiancheng 2021-01-02 09:04:43

Is it possible for me to
achieve freedom within two months? (Posted
by Feng on 2021-01-02 09:05:15)

Ha ha

Do you have
the answer? Tiancheng
2021-01-02 09:05:20

Of course,
it's possible
now that it's
completely
blocked.

I came to you
seeking faith . (2021-01-02
11:14:18)

[Group chat history]

【

Wind : Focus on goals

Wind : In theory, you can directly aim for freedom.

Wind : But I know that most people who say they want freedom are actually suppressing their desire for the world.

】

Wind 2021-01-02 11:14:32

This discussion might be helpful to you. (Tiancheng, 2021-01-02 11:16:27)

It really helped, thank you. (Wind, 2021-01-02 11:21:44)

[Group chat history]

【

Roller: I now adhere to the principle of obtaining everything I desire solely through release. Roller: Enhance my inner strength.
Roller : Yeah, yeah...

】

Wind 2021-01-02 11:22:11

Every time you tell yourself you've decided to
be free, you still stop, don't you? (Tiancheng, 2021-01-02
11:22:21)

yes
So I feel quite
frustrated and I
need to use the
fourth teaching.

Wind 2021-01-02 11:24:29

Since you still desire many
things in this world, let each
one be obtained through
release.

Tiancheng 2021-01-02 11:25:04

Yes
OK

2021-01-02 Practicality is very important.

Wind 2021-01-02 11:00:42

Focus on goals
In theory, you can directly aim for freedom.
However, I know that most people who say they want
freedom are suppressing their desire for the world. Why
does Lester like the fourth guide the most? Because it's
the one that's most meaningful to people.
Most practical

Bethlehem Star 2021-01-02 11:03:07

You're aiming directly
for freedom, aren't you? (Feng,
2021-01-02 11:04:06)

I am, but I also used that
method that taught me to
write down everything I
wanted.

Bethlehem Star 2021-01-02 11:04:34

I also
combined it with the wind
2021-01-02 11:05:19

The previous guidelines often lose their practicality and become mere
theory.

Roller 2021-01-02 11:05:33

I'll get everything I want
first. (Bethlehem Star, 2021-01-02
11:05:48)

It is still necessary to become a successful person.
Roller 2021-01-02 11:06:07

I've also been using
the previous instructions .
(2021-01-02 11:06:18)

What I've seen so far are those who claim to want freedom more than
the world, but these claims have all become mere theories.

Roller 2021-01-02 11:06:27

I find all happiness from within,
and I use it to confront the fear
of death.

Wind 2021-01-02 11:11:52

So, what do you need to do? I've summarized it from the previous four days of classes. The first is that you desire freedom more than you desire the world. Consequently, you should obtain all happiness from yourself, through liberation, from within yourself. This is Lesson 1.

Lesson 2 is: You must make a free decision, and then you do it. However, if you make a free decision, you will do it. It's simple. If you are not free, then you haven't made a free decision. Because once you make a decision, everything you do afterward will move towards freedom. The most fundamental thing is continuous liberation.

The third lesson is to directly confront and release the fear of death. Directly release the fear of death. As you know, beneath the surface of identification and control lies the fear of death. So, by freeing yourself from this most fundamental driver, you are complete.

The fourth is to start now and obtain everything you want through liberation. I guess this is the most practical of the four.

How successful are you? Most

Are you still doing things from an egocentric perspective? Remember, when we do things through liberation, it's effortless. If you're putting in effort, that's ego-driven.

Wind 2021-01-02 11:12:09

Practicality is very important.

Why did Lester say the fourth one was the most practical? Because you often can't apply the previous ones.

Roller 2021-01-02 11:13:06

I used it for a while.

The encouragement I received was not as good as the fourth one.

But the first one already made me grow rapidly.

2021-01-02 Release the most superficial

Elizabeth Zhang 2021-01-02 09:41:12

Are the desire for control and the desire for approval truly feelings? (Wind, 2021-01-02 09:41:32)

All are feelings

In the release method, the term "feeling" refers to the emotional experience. The various descriptions under the emotion scale represent individual feelings. feelings)

They are categorized into nine emotion categories (emotion) The categories refer only to nine emotional states, such as indifference, sorrow, fear, and anger.

And two basic feelings (basic) (fe e ling g) refers to the desire to control and the desire to identify. Releasing these two feelings releases all the emotions that are attached to them.

And the most basic feeling, the fear of death (the fear of dying) , that is, wanting to survive
(wanting) of survival

About Releasing Regarding Liberation (1) - 早 Audio recordings of the Lester Levenson (The Sedona Method) period and the students' creation of the Liberation Act

[http://mp.weixin.qq.com/s? biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2](http://mp.weixin.qq.com/s?biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d2)

c741f7dee6a8da8c6601760&chksm=8c291f0fbb5e9619fa63578916c54c83d0abac51e5aebb822777
c1d3bb2abf454b5fbbdb444ef&mpshare=1&scene=1&srcid=0102wQs8lsTo2mZ6vriPRgi0&sharer_s
haretime=1609551753191&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd

The problem today is that those accumulated, subconscious programs are too heavy and too extreme; we are simply overwhelmed by them. We need a very efficient way to eliminate them.

This is a very efficient method, and it's a very simple method. We have the complete picture, the mind and feelings you have to work with. We have the diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by a few less basic feelings we call emotions? How are these emotions encompassed by two basic feelings?

We attack them, and we eliminate all sensations! It's so fundamental, therefore extremely effective. Lester calls it basic sensations. (feeling)

The first suppressed feeling is the feeling of the fear of dying

The feeling of fear of death

The fear of death is merely a feeling.

You need to constantly remind them that this is just a feeling. The fear of death is just a feeling. The feeling won't bite you, shoot you, or hit your head. It's just a feeling like any other feeling, but the tendency to avoid it is very strong and has a lot of inertia, so now you need to try to make it surface and let it go.

Superficial individual feelings, basic feelings (nine major emotions) , and even more fundamental feelings (the desire for control and approval) .

Program No. 1 (Fear of Death)

After that, a sense of separation will emerge, but it doesn't need to be deliberately mentioned.

When you completely release the fear of death,
you will no longer retain the feeling of separation .

(2021-01-02 09:44:13)

Then what?

Elizabeth Zhang 2021-01-02 09:44:28

Can you keep asking yourself whether you want validation or control at this moment to evoke and release those inner feelings? (Wind, 2021-01-02 09:44:36)

Then you can put in any
feeling that won't be
acted upon by feelings.

The best way is to release the most superficial layer.
the stuckness only feeling 2021-01-02 09:44:49

@Wind If you can't feel your own feelings, then you're stuck. You
just need to release what you want to change, right? Wind
2021-01-02 09:44:57

Yes

Seeing the vague feelings, releasing the
desire to change the vagueness—the six
steps contain all the answers.

Slight Warmth 2021-01-02 09:45:00

Just let go of what you see in the present moment, and don't search
for it, right, Teacher Feng? Does searching mean controlling? Feng 2021-01-02
09:45:09

No need to search

Lester's explanation of the release method

http://mp.weixin.qq.com/s?biz=MzIxMjA5MTc0MA==&mid=2660690257&idx=1&sn=f67cd3b68420169eb5227aeadf07b6f8&chksm=8c291f62bb5e9674f0a66f9cd872dc31661a9f3744cdb0a328b7c5ef9b869d9e091c6ed57094&mpshare=1&scene=1&srcid=0102bRz33svyX7104vPd5gYr&sharer_shareid=1609552548140&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd

"You don't need to chase after what you feel after you feel it; it's with you all the time, and you're running away from it all the time."

The word "追寻" is translated as "追寻" in Chinese, while the English word is "seek".

It can also be translated as "searching"

What you're constantly

avoiding is the

feeling you don't need

to seek.

Slight Warmth 2021-01-02 09:45:15

Teacher Feng, @Feng, should I ignore this strain in my throat just like I ignore my thoughts? (Feng 2021-01-02 09:45:26)

Relax

In the release method, following

the six steps will lead to the

destination; otherwise, the

destination will not be reached.

To do or not to do

Just like Lester said to Ralph

at the end, it's either do it

or don't.

I hope you will do it.

Simple, or impossible

Qingxin 2021-01-02 09:45:50

@Teacher Feng, what should I do if I often can't sense the desires behind my emotions? Feng 2021-01-02 09:45:58

You want to find

your desire, and

when you discover

that it's

something you want

to control, you

feel it.

Slight Warmth 2021-01-02 09:46:07

If you can completely ignore your thoughts and still be aware of your current feelings, what kind of desire do they stem from? (Feng Teacher @Feng)

win2021-01-02 09:46:10

d

OK

cle2021-01-02 09:46:18

ar

I used to like to use my mind to analyze whether Hahaha It has
I wanted to control or wanted to be recognized. been
correcte
d.

win2021-01-02 09:46:26

d

Trying to analyze it intellectually is about
wanting to understand (and control).

Releasing this will allow you to quickly, easily, and clearly
identify the feelings that are arising. (Warmth of Desire, 2021-01-02
09:46:34)

Can someone who is constantly in a state of utter despair immediately
master the six-step process? Does it require releasing all pent-up
emotions?

Only at a relatively high level can
one have such strong execution
capabilities. (Feng, 2021-01-02
09:46:13)

Decide
A decision
could be made at 09:46:25
on 2021-01-02.

@Wind I only need to release the surface feelings, without touching on
past emotions. When I continue to release to a certain extent...
When you reach a stable level of fearlessness or acceptance, those excruciating
feelings from before will no longer exist. But I have to go through the whole
process, otherwise those feelings will come back to haunt me, right?

Wind 2021-01-02 09:46:39

no
On 2021-01-02 09:46:44

How should we
understand that? (Wind,
2021-01-02 09:46:49)

When you release it to a high place, you can dig Down, those
repressed feelings from the past will surface and be released to
a higher level, allowing you to use that higher level to go
deeper.

Every repressed feeling must surface before you
can release them. (2021-01-02 09:46:58)

I thought I could
dodge their attacks. (2021-01-02
09:47:05)

Avoiding them will only keep them
operating in your subconscious; your
deepest feeling is your fear of
death.

Once you've released enough of the desire to control and identify, you
can confront it directly.

2021-01-02 Following these six steps will get you to
your destination.

Wind 2021-01-02 10:12:52

In the release method, following
the six steps will lead to the

destination; otherwise, the
destination will not be reached.

To do or not to do

Just like Lester said to Ralph
at the end , it's either do it
or don't.

I hope you will do it.

Simple, or

Impossible (Slightly Warm,
2021-01-02 10:13:05)

Can someone who is constantly in a state of utter despair
immediately master the six steps? Does one need to release energy at a higher
level to have such strong execution ability?

Wind 2021-01-02 10:13:12

Decide

One decision is enough

2021-01-02 Discomfort and comfort are both just feelings.

Imang Doors & Windows – Cai Weiyi 2021-01-02 20:30:13

Sorry to bother you, but I can't
recall the message now. H! :Xiaoli ☺~ 2021-01-02
20:30:29

You didn't bother me.
Discover that this is just a feeling
that makes you uncomfortable; you
are suppressing and avoiding this
uncomfortable feeling.
It was just a feeling.
Some of these feelings will make you
uncomfortable, while others will make you feel
pleasant. Both uncomfortable and comfortable
feelings are just feelings.
Release them
The wind helped me bring out deeply
suppressed, more fundamental
feelings—feelings that were too heavy,
accumulated for too long, and too intense.
The inertia to avoid these heavy,
fundamental feelings was so strong
that I decided to confront them
and release them. "Wind" said to
walk in one breath

I went there for work.

The day before yesterday I wanted to finish
it all, since there was a backlog of work
that hadn't been done yet, but I didn't
finish it. Yesterday I called...

Yesterday at that time, I was putting on my
socks to go to work.

At that perfect moment, the "wind"
brought out all my deeply
suppressed feelings, and I decided
to walk through it all at once,
letting go of everything to
release them.

He

was	thi
foc	ng
use	els
d	e,
sol	whi
ely	ch
on	is
rel	why
eas	he
ing	did
his	n't
emo	rep
tio	ly
ns	to
at	mes
all	sag
tim	es.
es,	Previously, I was in a state of
and	automatic release. But when these
did	accumulated, subconscious burdens
n't	became heavier and more extreme, I
do	could no longer maintain automatic
any	release; they were too heavy.

一开始都是这样，浮出后，允许离开时卡住了
每次允许离开都卡住，走一步卡一下，走一步卡一下按“风”说的走
，这只是一种跟其它感受一样的感受持续提醒它们仅
仅只是一股感受
慢慢就能保持骑车的状态，让它们自动释放当这些基本的感
受释放足够多的时候
在它们下面的感受推出，对死亡的恐惧的感受

These feelings made me feel so powerless
that I couldn't even walk properly before
I picked up my phone to boil water for a
drink.

2021-01-02 Wind and Heaven — Every time you tell yourself to decide to be free, you still stop, don't you?

Wind 2021-01-02 11:14:18

[Group chat history]

【

Wind: Focus on goals

Wind: In theory, you can directly aim for freedom.

Wind: But I know that most people who say they want freedom are actually suppressing their desire for the world.

】

Wind 2021-01-02 11:14:32

This discussion might be
helpful to you.

(Tiancheng, 2021-01-02
11:16:27)

It really helped,
thank you. (Wind, 2021-01-02
11:21:44)

[Group chat history]

【

Roller: I now adhere to the principle of obtaining
everything I desire solely through release. Roller:
Enhance my inner strength.

Roller : Yeah, yeah...

】

Wind 2021-01-02 11:22:11

Every time you tell yourself you've decided to
be free, you still stop, don't you? (Tiancheng, 2021-01-02
11:22:21)

yes

So I feel quite
frustrated and I
need to use the
fourth teaching.

Wind 2021-01-02 11:24:29

Since you still desire many
things in this world, let each
one be obtained through

release.

Tiancheng 2021-01-02 11:25:07

OK

2021-01-02 Lester Levenson (The Sedona Method) is
also special among the masters.

Roller 2021-01-02 11:14:23

I now insist on improving my internal
strength solely through the mental technique
of obtaining everything I desire through
release.

Yes, that's right.

There are 100
writes, all of
which are
obtained through
release.

This is a very good
guide. (Bethlehem Star,
2021-01-02 11:18:05)

No other teacher teaches like this
Roller 2021-01-02 11:18:13

Teacher Lester Levenson
(The Sedona Method) 's favorite
Bethlehem Star 2021-01-02 11:18:17

Lester Levenson (The Sedona Method) first
Roller 2021-01-02 11:18:23

If you love Lester
Levenson (The Sedona
Method) , then follow my
advice, even though I
didn't listen before.
Bethlehem Star 2021-01-02 11:18:38

No one on the market
would teach it like
this, and no one
would dare to.

Wind 2021-01-02 11:20:13
Furthermore, Lester is unique
among the masters; other general
instructors, considering the
level of acceptance among the
masses, do not teach in this
way.

Bethlehem Star 2021-01-02 11:20:39

Lester Levenson (The
Sedona Method) is the
bait

Roller 2021-01-02 11:20:53

I love
Lester
Levenson (The Sedona
Method)
haha
yes

2021-01-02 Wind and Heaven — You won't have

motivation if it's not a goal you truly want; one function of a goal is to provide you with the motivation to unleash it.

Wind 2021-01-02 11:38:52

Dare to dream

Tiancheng 2021-01-02 11:39:07

Is it possible to
become a billionaire? (Posted by
Feng, 2021-01-02 11:39:13)

certainly

Roller also felt a couple of
days ago that he didn't want any
goals until I told him one.

He went to the world's top Eastman School of Music to find a
blonde girl and experience his favorite kind of romantic
life, and he immediately got excited.

So you have to dare to dream.

Many people feel they don't want the world simply because
they're afraid to think about it, they're suppressing
their feelings, they think it's impossible, so they don't
want the world.

This is not a true desire for freedom.

Tiancheng 2021-01-02 11:41:31

I realized
that I was
suppressin
g my
feelings,
thinking
it was
impossible
and I
didn't
dare to do
it.

Wind 2021-01-02 11:42:56

dare think big
Lester
Levenson (
The Sedona
Method)
said to dare
to dream
big.

Tiancheng 2021-01-02 11:43:27

But given that we haven't even
achieved a small goal yet, is it
reasonable to immediately think
about bigger ones?

Wind 2021-01-02 11:43:53

If you don't have a goal you
truly want, you won't be
motivated. One purpose of a
goal is to give you the
motivation to unleash your
potential.

After finding this exciting target, Roller
released accelerated Tiancheng 2021-01-02 11:44:29

Therefore, the key is to set what you truly want.

The experience of wind release on January 2, 2021

Wind 2021-01-02 22:13:00

To completely complete the first
step, you need to pay attention
to all six steps.

But if your willpower (will) If power is strong enough, it can be
achieved in an instant simply by desiring it.

first step

Susan Lee 2021-01-02 22:13:19

Xiaoli's breakthrough is remarkable; she must have a
lot of willpower. She'll be free soon, right? (2021-01-02
22:13:38)

Everyone is free, as long as you do it.

If you start out fast but stop halfway, you will not be free.

Susan Lee 2021-01-02 22:13:54

Yeah, she gave me a lot of encouragement.
The release method can be so funny ! (2021-01-02
22:14:05)

Following the six
steps until the
end is essential.

Susan Lee 2021-01-02 22:13:16

High efficiency

Wind 2021-01-02 22:13:40

Two years ago, I did a period of
sustained release, which lasted for
a week. At that time, the agflap in
my mind was almost completely
cleared.

Then I was in a very comfortable state
The world around me also
showed unprecedented harmony.
Then, after a full six months
without any release, those
AGflaps came back.

I've even forgotten how to
release my emotions and
desires, which are constantly
stuck.

That's why I joined the group to communicate.

Later I discovered that people in the group seemed unaware of the
existence of Lester's later audio and the release method in the
original version, so I translated the... Two articles from Way and
Course 92

During the translation process, I
also reviewed the material myself
to remember the key points.

So I started releasing again, learning from my
previous experience, and kept going forward. Until
you reach the finish line, you absolutely mustn't
stop.

Because once you stop moving
forward, you're moving backward. (Zhang
Fei, 2021-01-02 22:15:21)

Indeed, 早 I came into contact with Lester Levenson (The Sedona
Method) quite early, but later in the videos, the way I had no idea about the
series at all, and at one point I thought it only included a few issues like "The
Road to Ultimate Freedom" and "Ultimate Truth". 早

Implementing the six steps on January 2, 2021

Qian 2021-01-02 22:37:15

Aren't there 120 ways to achieve freedom? Which method is actually more
popular?

Wind 2021-01-02 22:37:21

112 types, but the only
issue is adapting to the
times. Currently, in this
era, only the release
method is recommended.

If you look at the workbook , you'll find a quote from Lester.

"You'll find this method is the only simple and easy method in the world today," Kam tells you after he gains his freedom. "It's the highest possible method in the world." They're not kidding you.

A master will never fool you.

Susan Lee 2021-01-02 22:38:36

It's really simple. No need for a long explanation from a guru or elaboration on the terminology; just follow the six steps.

(Lanruo, 2021-01-02 22:38:50)

@WindAvatar, what's the current situation?

What language does he use to teach? Wind 2021-01-02

22:39:07

"Avatar" is a Sanskrit word that specifically refers to a master who descended after attaining perfect existence, such as Jesus, who was an "Avatar".

To understand this, you can read "An Autobiography of a Yogi," recommended by Lester.

2021-01-02 When you can't perceive it, go and look at what you want to understand.

Wind 2021-01-02 22:57:02

Do you feel like you want
control or you want validation? (Jing ,

2021-01-02 22:57:21)

I can't tell
what it is.

Wind **2021-01-02 22:57:56**

When you're unaware of something, don't dwell on it; instead, examine
what you're trying to understand—it's a desire to control.

January 2, 2021: I want freedom, and I'm limiting that
freedom to within three months.

Wind 2021-01-02 23:23:51

You can set your
free time within
three months if
you really want
it.

Ye Minzhen **Jamie** 2021-01-02 23:23:59
OK

January 3, 2021: In automatic release mode, it
requires absolutely no effort.

Guangming 2021-01-03 04:52:05

Sometimes there's a great sense of pleasure, sometimes the chest
and abdomen feel more relaxed, and not as much pleasure arises. I
don't know if I did step six correctly.
But I could feel the sensation coming from my chest and abdomen.

Xiaoli ☺~ 2021-01-03 04:52:16

Yes, it's
about
releasing the
momentum to
move forward.

When I'm cycling, I feel large sections of my body loosening,
dissolving, and exploding. Sometimes my body...

The body releases its own gas

As you become more proficient at releasing the tension, you can
maintain the feeling of riding by simply letting go of a part of your

mind.

Guangming 2021-01-03 04:52:27

Xiaoli ,

keep going ~ 2021-01-03

04:52:30

As you become more deeply immersed in cycling and release more of your mind, you can enter a state of automatic release.

state

In the automatic release mode, there's no need to maintain a cycling posture; it's effortless, and you can feel your whole body relaxing.

Explosion, exhaust, and

release—all three bodies were

cleaning up during the process .

(2021-01-03 04:52:33)

Wow, I just learned

how to ride Xiaoli ! 2021-01-03

04:52:40

One day, my left arm was constantly hurting. The more I released the pressure, the more it felt cleansed

.

Guangming 2021-01-03 04:52:43

It was stuck

before .

Xiaoli ☺~ 2021-01-03 04:52:50

With the method in
place, there's no need
to suffer through the
six steps anymore.

Guangming 2021-01-03 04:52:57

Never stop until the
finish line! [fist emoji]Xiaoli

2021-01-03 04:52:59

[fist]

2021-01-03 Breakthrough Duo

Yitian **2021-01-03 09:31:42**

"Wanting" is at the very surface
level; this is my great discovery today. I am
infinite. 2021-01-03 09:48:03

This is a breakthrough. With this breakthrough, you can become increasingly
aware of what you want, and then you can try to release it.

Release @Yitian

Wind **2021-01-03 09:53:26**

Breakthrou

gh Duo Yitian

2021-01-03 09:55:09

me like that. (**2021-01-03 09:56:43**)

No need

for a

breakthrou

gh, just

use it

directly.

See, after each breakthrough, you have
to mentally summarize it, right? But
the summaries you come up with are
mostly conceptual.

You think you can gain an experience just
by translating a concept into language? (Yitian ,

2021-01-03 10:04:36)

I might break through

the wind barrier today at noon .

(2021-01-03 10:05:04)

You can break
through in the next
second, don't delay.

A breakthrough isn't about
intellectually understanding
something; it's about
experiencing and releasing
that understanding.

Being able to continuously
experience and release is a
breakthrough, but
understanding it in one's
mind is a misconception;
that's a false breakthrough.

Let me explain.

Often, when people try a method but it doesn't achieve
the desired results, they start looking for a
solution, just like when they can't drive well, they
wonder if there are any other tricks.

Behaviorally, it involves asking this and
that, seizing an opportunity to ask about a
viewpoint heard, trying it out, finding it
helpful, and then suddenly realizing
something.

This direction is wrong.

For example, if you are too tense right now, and someone tells you to relax, you find that you can release the tension.

Therefore, relaxation was defined as a trick.

Then I got stuck again. Someone told me to allow it, and when I did, I found it worked.

So I defined allowing it as the trick.

The more "tricks" you accumulate in your mind, the harder it becomes to release them.

Because you constantly pay attention to the real tricks, which is to keep things simple and return to the simplest release process.

Asking those who have successfully achieved liberation is pointless, because they cannot summarize the reasons for their successful liberation.

Wind **2021-01-03 10:10:21**

Many people can achieve this, but the experience they summarize is merely their imagination, and it's wrong. It's like asking Jack Ma why he can make money; he himself doesn't really know.

It's actually very simple. If there were any tricks and principles to releasing, why wouldn't Lester tell you? The experience of releasing is that the more you release, the fewer things you need to pay attention to, and the simpler it becomes.

Just like riding a bicycle, once you learn how, you can just get on and ride without having to think about how to ride.

There's no need to consider whether to step with the left or right foot first; this is achieved through a large

release of energy, not
through a rational
understanding.

“When I try to explain an experience to you, it’s like trying to tell you how to fly a plane, or even drive a car. I say it’s just about inserting the key, shifting into drive, stepping on the gas, and you’re off. When you want to drive right, you turn the steering wheel to the right, and when you want to drive left, you turn it to the left. Can you learn to drive? Even if you know everything you need to know to drive, can you drive? No, you need to experience it. It’s even more the same with flying a plane. I tell you how to fly a plane, you take off, and you land quickly. Experience is like putting you on a bicycle. I can tell your mind how to ride a bicycle, but you won’t know how to do it until you experience it. When you experience it, you can’t intellectually transfer an experience to another person; they have to experience it themselves. So that’s the clear difference between experience and intellectual understanding. Intellectual understanding doesn’t give you the ability to experience.”

It will guide you in the direction of experience, but it won’t give you an experience. Because experience isn’t in the mind; thinking isn’t experience.

– Lester Levenson (The Sedona Method)

Wind **2021-01-03 10:33:03**

Like learning to ride a bicycle, just try it;
you’ll learn after falling a few times. **(2021-01-03 10:34:41)**

“But as you can see, our approach is actually about unleashing the mind’s drive. Don’t try to develop your...”

"Mental development, by doing so you are developing
your enemy, developing what binds
you." Don't develop it.
As your "intellectual understanding" of the
liberation method increases, you'll realize that the
more flawed the path, the less intellectual
understanding is involved in the liberation itself.
You know it's a feeling, you
know you can release it, you
know what release is.
Do you know what it's
like to have a calm
mind after release?

Wind **2021-01-03 10:39:24**

Lester: Yes, you release your love and hatred for the world, sip by sip. But you need a big sip, not these sips. So you use what you're doing to release. Understand that the only effort you need is to get rid of your effort. That's what you're doing in the world, using your effort to get rid of your effort, but in your existence there's no need for effort; things immediately become material and antimaterial. Yet you try to understand this with your mind. You can't, because your mind, your intellect, is an obstacle, an accumulation of limiting concepts. So you can't understand in your mind that you can be your being, that you are your being right now. You don't have to be a limiting frame, and that's what you are. What you need to release in your work and daily life is all that you need to release. You release all attachment and hatred, and get rid of all the emotions associated with you.

Did I answer your question?

Student: Yes, I guess I haven't tried to figure it out, but I understand I can't. You answered my question. Lester: You can't figure it out.

Wind **2021-01-03 10:39:56**

Note: You cannot
figure it out. You
still need to make
the right kind of
effort.

Actually, keeping things
simple is still very
important. Let me talk about
the inertia I also had back
then.

In the past, when I experienced release, I would
subconsciously try to summarize it. But never
try to summarize something mentally; it can lead
you astray for a long time.

The release was good, so
keep releasing it, or
you'll go astray.

Someone once told me: "Once you gain
some insight, you might go astray."

This statement greatly helped me later
in my life.

Record what you learn, not your
understanding of the method. The
method page only needs to contain
the six steps.

Because those understandings are truly limiting.

After I achieved Samadhi through continuous practice,
looking back at my previous bizarre understandings, I felt
quite stupid. Furthermore, those who teach the practice of
liberation introduce even more concepts.

I quickly 早 realized that communication didn't help me.

Communication involves everyone sharing their problems and then mutually
acknowledging each other's limiting beliefs.

Therefore, most communication is pointless.
The exchange between practitioners is simply about
sharing their own intellectual understanding,
perhaps even misleading each other by sending out
methods or directly transmitting the teachings of
the masters.

I used to have a Theravada
Buddhist group, which was
quite good for Vipassana
meditation.

Normally, people
quietly share a
passage of
scripture
without adding
their own
annotations.

Later, as more people joined and started
discussing experiences, the group became
useless. Experiences processed through
mental manipulation were no longer helpful;
they only misled people.

Minnie **2021-01-03 11:30:05**

When you can directly feel the "want," do you need to
become aware of the underlying emotions? @Roller风**2021-01-03 11:30:15**

Need not

Directly

feeling the desire for

Minnie Mouse 2021-01-03

11:32:14

Every time I hear you say it takes a few seconds or one second to
release, I think there's no need to ask questions at that point; just
let yourself feel it.

go out

Wind **2021-01-03 11:32:27**

It was
identified and
left, but was
released in an
instant.

Minnie 2021-01-03 11:32:45

But is it possible to feel an
increase in pleasure in such a short time? (Feng,

2021-01-03 11:32:59)

certainly

Once released, my mind
immediately calmed down
and a sense of pleasure
arose.

It was identified and released on 2021-01-03.

Wenlan 2021-01-03 11:45:12

When the wind releases itself once per second, or when it releases
automatically, does it release itself automatically as long as there is a
sensation, without distinguishing between agreement and control?

Wind 2021-01-03 11:45:26

Once it is identified, it is released.
Sometimes it happens so fast that your
mind doesn't even have time to process
the continuous release before the
feelings surge forth like waves.
You just watch it go out.

Elizabeth Zhang 2021-01-03 11:45:34

I haven't experienced continuity; I always need to first feel my
chest and abdomen or what I currently want. Is this continuity
spontaneous, a necessary process, or uncertain?

Wind 2021-01-03 11:45:40

Initially, your suppressed habits
outweigh your released habits,
requiring repeated practice.

Once you make releasing the norm,
continuous releasing will occur. Beingness (part 1)

— Lester 2021-01-03 11:45:44

https://mp.weixin.qq.com/s/Ek-y_3MUFwKWWHGPzjOMnA

Look, we've all accumulated so much mental distress, and we need to eliminate it. It's so heavy, so much has piled up. Now we're all doing this together, but you should make a strong enough decision. You can do it in weeks, months. So focus all your desires on one desire—to get rid of your own mind. Even if you're with others, you can continuously release it, all day long. You've probably all experienced this constant ebb and flow, this floating and floating state... probably experienced the state where it come up and floats out, come up and floats (out t .) It has to be done, really. There's just too much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of it, a continuous release, look at the six steps. You have to keep the release going. Keep letting it rise and go all day long. You become aware of a feeling and release it. It's a bit like sitting and watching it, watching it go on.

January 3, 2021, chat log between Wind and Roller

Wind 2021-1-3 12:23

Did you leave the group?

Roller 2021-1-3 12:23

I hope I'll never
ask you again ,
okay?

Wind 2021-1-3 12:24

No longer wanting to be part of a small group?

Roller 2021-1-3 12:24

I'm not staying any longer.
I want

complete
independence,
including my
dependence on
you.

Wind 2021-1-3 12:24

That's good

Roller 2021-1-3 12:25

Love you

I almost cried when I said I love you.

Wind 2021-1-3 12:26

I still need to come back to the group and say something when the goal is achieved.

push—Down

with them Roller 2021-1-3

12:28

Just explain it to
me. I'm only going
to join the group
after the first
step; I won't join
until I've reached
that first step.

Otherwise, helping
them will only pull
them to learn from
you.

Wind 2021-1-3 12:29

There's really no need to go back for the first step.
However, That's your

choice Roller 2021-1-3 12:30

What I want is to integrate into the secular world.
My current decision is
to genuinely help
those who incline
towards freedom, but
who knows what the
future holds?

Release

the wind first

2021-1-3 12:31

First achieve the goal

Otherwise, it will be difficult for you to make the decision to be free.

2021-01-03 The more you set aside understanding and practice simple exercises, the easier it is to learn.

Slight Warmth 2021-01-03 13:03:13

@Teacher Fengfeng, although I felt pleasure during the release

before, I now suspect that it was all an illusion, a release that was coordinated by the mind, not a real release, right?

Is it really necessary to completely ignore the mind? I tried to completely ignore my mind today, and I got carried away with the energy . (2021-01-03 13:03:26)

Not completely ignoring the mind

How can you completely ignore the mind?

Sunn 2021-01-03 13:03:38

You can never stop releasing fear @wind

Wind 2021-01-03 13:03:50

Before you are completely free, you will have a mind.

Feelings are also a form of mind, only closer to the true self.

Sunn 2021-01-03 13:03:59

I feel like I've been trying to
release my emotions for years,
but I'm still easily swayed by
others and can't see any
progress.

Wind 2021-01-03 13:04:23

Releasing the desire for control,
recognition, and security. (2021-01-03
13:03:30)

@Wind, I can't seem to get through this phase of releasing my
desires. I feel completely lost. Should I start learning from scratch? Wind
2021-01-03 13:03:38

practise

Elizabeth Zhang 2021-01-03 13:03:42

I have a question. I always find myself focusing on the sensations in
my "heart chakra." Is it because I'm only focusing on my overall emotions, or
specifically the emotions that surface in my chest and abdomen? When I'm being
aware, am I not using that area of my chest and abdomen to be aware, but rather
being aware of the whole person and their feelings?

Wind 2021-01-03 13:03:50

Regarding learning release, the more you try to
understand how it happens, the less you learn; the
more you abandon understanding and practice simple
exercises, the easier it is to learn.

When you are aware, you are aware of your emotions and your desires.

Elizabeth Zhang 2021-01-03 13:04:02

Where does this
awareness
occur—in the mind
or the heart?

Wind 2021-01-03 13:04:15

In your sensory center

Sedona's road 2021-01-03 13:04:20

Is the center point the one in the Haier
video? Is it the Tanzhong acupoint? (2021-01-03
13:04:29)

Q: I used to focus on the area between my eyes, but now I've shifted my focus to the

heart chakra.

Lester: The heart is a good place because it is the center of feeling and feeling is closer to the Self than thought. It depends on your background. If you're a vichara jnani, it'll be the heart, but not on the left side, on the right side. If you're a raja yogi it'll be between the eyes. When I did my concentrating it wasn't on any location; it was on wanting to have the answer. Concentrate on seeking the answer.

A: The heart chakra is a good location because it's the center of sensation, and sensation is closer to the true self than thoughts. It depends on which practice you're cultivating. If you're practicing vichara... If it's jnani, then it's located at the heart chakra, but on the right side, not the left. If you are raja... yogi,

That was between my eyes. I wasn't focused on anything in particular; I was just trying to find the answer. I was focused on searching for the answer.

center of feeling

A fish 2021-01-03 13:04:37

picture

Sedona's road 2021-01-03 13:04:41

That's what I was looking at. Focusing on the sensory center isn't the same as focusing on bodily sensations, right? I'm just worried about getting them mixed up.

Elizabeth Zhang 2021-01-03 13:04:52

When engaging in self-guided practice, especially after releasing a large amount of energy, first ask questions with your mind, then feel the emotions in your chest and abdomen.

Emotional desires?

Wind 2021-01-03 13:05:00

First, sense your emotions and desires, then ask yourself those questions. The questions become simpler as you go on.

Sedona's road 2021-01-03 13:05:06

Thank you, but I'm still a little confused. Is it necessary to focus on the sensory center? I've never focused on the sensory center before when releasing tension; I've only focused some of my attention on sensations.

Wind 2021-01-03 13:05:10

You are more likely to feel sensations in your sensory center.

2021-01-04 The complete attainment of the first step of the six-step Samadhi of "Nabhikpa"

I am Infinite **2021-01-04 02:32:57**

I saw you said you've reached the first step, are you sure? So fast?

Not many days

I'll send you a sharing from the wind for comparison. (I'm using the "Infinite" setting, **posted on 2021-01-04 at 02:39:59**)

[Group chat history]

【

Wind :When Lester arrived at Samadhi, he didn't know Samadhi even existed. Wind :So whether you

know the concept of Samadhi or not doesn't affect whether you get there.

Wind :What I have repeatedly stated is that "Nebikapa" Samadhi is actually the complete attainment of the first step of the six steps .

】

Xiaoli **2021-01-04 06:34:40**

The first step is to reach the Samadhi of "Nabhikpa" (or "Nabikkapa") . I did not achieve this.

I don't know what Samadhi is.

The day before yesterday, the wind helped me to gradually release those extremely heavy and extreme subconscious processes that I had a very strong tendency to avoid, until they could be released automatically.

These basic feelings are released sufficiently.

The fear of death
has emerged; this
feeling is so
different.

Having learned from the previous
experience with extreme program
releases, when initially releasing
the fear of death, I swayed a lot
before gradually stabilizing the
ride and maintaining automatic
release.

Without automatic release, I probably couldn't bear
the fear of death washing over me. During automatic
release, my whole body felt extremely uncomfortable.

Like the feeling of having a severe cold when I was a child.

The release was more intense later, and my limbs felt relaxed at one point.
At that time, the discomfort from my
heart to my navel was almost
unbearable; I was in a state of
releasing my fear of death.

According to what Feng said,
the first step of working
together to cheer each other
on was not achieved.

2021-01-04 There was no way to transcend the surface
feelings to release the underlying emotions.

Jamie Ye Minzhen 2021-01-04 17:39:18

@Wind Can I only write what I want to
write, and not write what I don't want to write? Wind

2021-01-04 17:44:41

That's possible, but you'll always
have to face things you don't want,
and you'll always have to face those
repressed feelings of disgust.

Because there's something more superficial that you haven't recognized.
You can't go beyond that surface feeling
to release what's underneath—the
attempt to suppress it.

No need to look

"You don't need to chase after them after you feel them; they're with you all the time, and you're running away from them all the time."

Don't look for it, especially don't try to look for it.

Just read the six steps carefully; I don't need to give any further explanations to fill in the mental gaps. (Wind, **2021-01-04 13:09:44**)

Regarding learning release, the more you try to understand how it happens, the less you learn it.

Wind **2021-01-04 13:10:05**

The less you focus on understanding and the more you practice, the easier it is to learn.

January 4, 2021: The key to releasing desires is recognizing them and then letting them go.

Wind 2021-01-04 17:56:12

With each release, you will feel more joy; with each release, you will make progress.

The key to releasing desires is to recognize them and then let them go.

When you recognize the desire to control and identify, it brings about a profound experience of liberation.

With just a little release,
the mind will become much
calmer; when it comes to
recognition, it will be
released immediately.

You have a natural tendency to let go.

It will be accompanied by a feeling of energy leaving or dissipating.

Most of the time, you'll feel the energy dissipate as
the feeling leaves, accompanied by the gentle breeze. (2021-01-04
17:57:45)

I didn't feel any pleasure when I released the control, but today I
found myself enjoying it all day. Is this even acceptable? [Facepalm] Wind
2021-01-04 17:58:09

Yes, sometimes the effects
happen later, but most of
the time the pleasure is
felt immediately.

January 4, 2021 The repression was deep enough, and
the feelings had accumulated enough.

Ai Mi 2021-01-04 18:30:01

wind I hate my mother-in-law; she has done and said many vicious
things to me. Can I say my
goal is to allow this person to disappear?

Wind 2021-01-04 18:30:29

The target should not be harmful.

就算你的目标是伤害性的，在释放的过程中也会无害化你会转变你的目
标
因为没有人真正想要伤害别人伤害别人就是伤
害自己

Ai Mi 2021-01-04 18:30:38

However, I find it
difficult to let go of this person .
(2021-01-04 18:31:46)

Everyone has problems that seem difficult.
That's simply because the repression
has been deep enough, and the
accumulated feelings have been

substantial enough, allowing those
intense, habitual processes to be
released.

2021-01-04 Entering the forest alone

Susan Lee 2021-01-04 18:36:34

Wind, is it true that we don't need to look at the group chat anymore, since the whole method is just in six steps? I always feel like I can't help but check the chat history in groups.

Wind 2021-01-04 18:36:50

Yes, that's right. Actually, even the group can be disbanded, because everyone has already gone through the six steps.

Susan Lee 2021-01-04 18:36:55

Okay , I'll leave now and come back
when I'm free . ● Thank you Feng and
all the group members for your help .
Be tough on yourself

Wind 2021-01-04 18:37:07

Alone in the forest

Luo Wanyu (Yu) yù 513 2021-01-04 18:37:24

I'm reluctant to quit, so I've allowed myself to stop scrolling through the chat history and calm down to let loose .

(2021-01-04 18:37:33)

That's also a good way.

Now that we know the method and have the map, there's no need for further communication.

2021-01-04 Learn only from Lester Levenson (The Sedona Method) , don't establish authority or idols, and don't need to argue with others.

Above the Dome 2021-01-04 18:40:19

Teacher Feng, I want to ask, have you attained enlightenment yet?

(Feng, 2021-01-04 18:40:19)

Discussing this part too much is pointless, because you can't discern the truth. Just learn from Lester, don't establish authority or idols, and don't waste time arguing with others. The journey is already complete.

Above the Dome 2021-01-04 18:40:34

What is the minimum standard I need to meet to have the ability to distinguish them? (Feng, 2021-01-04 18:40:47)

"Do it silently, and your strength will be found in tranquility."

In the Buddha's teachings, one must attain the "stream-enterer" stage of enlightenment.

In the teachings of yoga science, one must attain the Samadhi of "Nyabhikāpā" to eliminate all doubts and see the only direction.

Above the Dome 2021-01-04 18:41:06

I can't feel the wind yet
2021-01-04 18:40:18

Therefore, at this stage, there's no need to trust anyone; just do it and verify it step by step.

2021-01-04 Read the six steps carefully

Jamie Ye Minzhen 2021-01-04 17:39:10

@Wind Can I only write about what I want
to write, and not about what I don't want to write?

Wind 2021-01-04 17:39:19

That's possible, but you'll always have to deal with things you don't want.

你总是要面对那些被压抑的厌恶感因为还有一个更

表面的你没有识别

你没有办法越过那个表面的感受去释放底下的那是试图压抑

不用找

"You don't need to chase after what you feel after you feel it; it's with you all the time, and you're running away from it all the time."

Don't look for it, especially don't try to look for it.

Just read the six steps carefully; I don't need to give any further explanation on filling the mind.

January 4, 2021: The fear of death, when expressed physically, manifests as pain.

Wind 2021-01-04 18:54:05

The fear of death, when expressed
physically, manifests as pain, but
that pain is expressed physically.

This means you suppressed your fear of death.

Student: Once when I was doing a release therapy for my fear of death, I experienced some very heavy physical pain, so I must have done something wrong, but it took me a long time to get it right.

Lester: You didn't release it; instead, you expressed it in your body, and you're leading your body toward death. Pain points to death. So, you didn't release it; you just let it manifest in your body.

Student: Then let's go back into it. But I must say, I think it's been slowed down by releasing, but when it happens, I still haven't let go. How do I get back to it?

Lester: Talk to the facilitator at the workshop, not me who took you there. Or you keep releasing the feeling of being stuck, and see that when you don't release the feeling of being stuck, you let it continue to work, which causes you to remain stuck. Can you see how simple this is? If you do this, it's really simple.

have a look the way1

There is a special guide

2021-01-05 Want to drive the feeling of the surface

Fangfei 2021-01-05 09:08:17

Teacher Feng, I'd like to ask if it's acceptable to first allow the most superficial expression of feelings, and then naturally become aware of the

underlying "compulsion" (drive) that desires , and then release it upon recognition? I'd like to confirm this because I saw in the group that it's about wanting to express feelings at the most superficial level? I'm a little confused [facepalm] @Feng

wind 2021-01-05 09:08:25

On the surface, you can
clearly perceive Fangfei 2021-01-05
09:08:54

Shouldn't I first allow
my feelings? Behind
every feeling lies a
"want"

Wind 2021-01-05 09:08:59

Once you're proficient, you can
directly feel the sensation you want. (Fangfei,
2021-01-05 09:09:14)

Isn't the feeling behind it? (The
driving force behind it) Wind 2021-01-05 09:09:25
Want to drive the sensation of the surface

Guo **Xingxing**

2021-01-05 09:09:51

@Feng Sometimes, when I'm writing, I feel
a sustained sense of release. I sometimes
laugh while writing, but it doesn't
affect my logic.

I'm still writing; am I hallucinating? Is this
possible? (Wind, 2021-01-05 09:09:59)

You can continuously release [energy] in everything you do.

Rong 2021-01-05 09:10:15

@Teacher Feng, could you please explain if the fear
of death and the desire for safety are the same concept?

[clasped hands] Feng 2021-01-05 09:10:18

Yes, Lester Levenson (The Sedona Method) in the The explanation is in
the way.

Lester himself likes to talk about the fear of death, but in his lessons he
uses the phrase "wanting safety."

Elizabeth Zhang 2021-01-05 09:10:41

At what point will the fear of death
emerge? @风风 2021-01-05 09:10:58

Release enough desire for
control and recognition. (Xu Hong,
2021-01-05 09:11:12)

@Fengna, when doing things, do we still need to
distinguish what kind of desire the feelings that arise are?

Elizabeth Zhang 2021-01-05 09:00

It's a feeling distinctly different from wanting to
control or identify, and it will come out on its own. (2021-01-05
09:11:48)

Yes, it will come out.

Distinguishing desires is easy.

If you're trying to figure out what that desire is, be aware that it's a
desire to control.

January 5, 2021: By releasing your feelings, you will no
longer have thoughts that are driven by coercion.

Elizabeth 2021-01-05 10:47:14

If we have a wish, we don't need to judge whether it stems from a desire for approval or control. We only need to consider our current feeling towards it—whether it's a desire for control or approval—without analyzing what needs it arises from, right? Because that wish is caused by karma. Judging it as a desire to change others or a desire for love/approval is actually a form of mental control? @风

Wind 2021-01-05

10:47:28

No analysis required

In the time it took to do this analysis, you've already let go of Shuxin (2021-01-05 10:47:37).

@Wind , every time you face a feeling, do you fully experience it before categorizing it as a desire, or a feeling that just arises?

It's immediately clear whether they want control or validation. (Feng, 2021-01-05 10:47:52)

Just look at whether it wants control or approval.

On 2021-01-05 10:48:19

@Wind My house is on the street, and I get annoyed whenever I hear cars. I feel this annoyance and want to control it and then release it.

@The wind always seems to sense the urge to control the passing car, so I release it again and again. Isn't this combining other methods with the release technique?

My feeling is one of strong
desire for control. The
desire to change is also a
form of control.

Wind 2021-01-05 10:49:12

Just let your feelings flow.
This is not a combination of other methods
If you have any feelings about anything, just go back to
your feelings and then release them—release the desire
for control, identification, and security.

Elizabeth 2021-01-05 10:50:01

Will the noise from the car change
after the noise level is fully released? (Feng,
2021-01-05 10:51:18)
meeting
see nothing out there but your sum total thinkingness
Lester Levenson (The Sedona Method) asked you to write this down.

Elizabeth 2021-01-05 10:51:20

Does "fully releasing"
equate to altering the visuals?
(Wind, 2021-01-05 10:52:00)

Images are merely
your thoughts;
thoughts are
merely driven by
feelings.

Elizabeth 2021-01-05 10:52:14

What does "fully releasing" mean? Eliminating the feeling? So
the image of the noisy car disappears, right? (Feng, 2021-01-05 10:52:26)
Once you release your feelings, you won't have thoughts that are
forced or driven by you.
You are free to choose what you want.
This will make your world appear
exactly as you want it to. (Zi Shan, 2021-01-05
10:52:44)

What does
this mean? (Feng,

2021-01-05 10:52:34)

The world is merely a representation, just a display screen.
Smashing the screen won't help when
you want to change the display; only
releasing it will.

Elizabeth 2021-01-05 10:52:44

Does the wind, or someone else, appear on my screen
because of my subconscious feelings towards you? (Wind, 2021-01-05
10:52:49)

You created that
scene, without
exception.

There's nothing outside, only your own thoughts.

Elizabeth 2021-01-05 10:53:05

Good feelings are also forced, right? So, in beingness , there are
actually no feelings at all, only...

Are there any ideas that can be freely inserted? @Wind

But at this moment, the thought
originates from the true self, from the
whole mind. Is this understanding
correct?

Wind 2021-01-05

10:53:12

Clear your feelings

You have no thoughts; when your
mind is completely still, you will
recognize yourself as infinite
existence.

And then never lose this knowledge again

You can freely put in your feelings and
thoughts, but it will no longer be used to
communicate with people; it will only be
used for communication.

Elizabeth 2021-01-05 10:53:19

Who is this randomly placed "you"? Does the image still
exist when your thoughts cease? (Wind, 2021-01-05 10:53:29)

Without thought, there
is no image, only
existence.

Elizabeth 2021-01-05 10:53:47

Don't you have images
around you right now? (Wind,
2021-01-05 10:53:57)

You must humble yourself to
communicate with others. The
way to humble yourself is to
let in your feelings and
thoughts and see everything as
having limitations.

Elizabeth 2021-01-05 10:54:00

So when you clear away all feelings, all images disappear.
This seems difficult to understand. It's like you
experienced a state of no images, and then, in order to
communicate, you introduced images. Does reaching Samadhi
mean you're in a state of no sensation and no images?

Wind 2021-01-05 10:54:16

In fact, once you reach the astral plane, you will not see any

matter, only bright, intense light. When you reach Samadhi and experience infinite consciousness, there are no feelings or thoughts.

The image is merely
a thought; it is
nothing else.

Elizabeth 2021-01-05 10:54:18

When you are in Samadhi, if someone is at home,
can your parents not see you? You have
disappeared and are no longer in the frame.

Wind 2021-01-05 10:54:36

They will see you because you retain the karma of your body.

Elizabeth 2021-01-05 10:54:52

How is the karma of this body cleared? Is it
automatically cleared after the fear of survival is released? (Wind,
2021-01-05 10:54:57)

You don't need to clean
Generally, people will
wait for it to
complete its preset
path; very few people
will let it disappear
directly.

However, if you decide, that's fine too.

Elizabeth 2021-01-05 10:56:02

Is it also done
through a release method?

(Wind, 2021-01-05 10:56:15)

No, I meant after freedom.

After gaining freedom, you can decide to let your
body complete its predetermined course, or you can
leave directly—that's your choice, a completely
free choice.

Elizabeth 2021-01-05 10:56:18

Back then, you could directly see these
choices without needing any methods, right? (Feng,
2021-01-05 10:56:19)

Yes, once you're free, you don't need a method.

Guo Xingxing 吉 2021-01-05 10:56:26

Is it impossible to change pre-set things, even after freedom?

Wind 2021-01-05 10:56:59

But you need to follow the methods to achieve freedom.

Yes, you can do it when you
transcend karma. (Rong, 2021-01-05 10:58:00)

@Teacher Fengfeng, my question was a bit naive, haha
[facepalm]. It's about what karma actually is [fist bump]. Feng 2021-01-05
10:58:06

program

Just

feeling Rong

2021-01-05 10:58:29

Oh ● m " I understand now If I still don't understand the
program Thank you , I H.

Yitian 2021-01-05 10:58:40

Isn't a complete process comprised
of both feelings and desires? @风风2021-01-05
10:58:46

Desire is
also a
basic
feeling.

Yitian 2021-01-05 10:58:55

What gives feelings this driving
force that compels and drives all
our words, actions, and thoughts?

Sui Le 2021-01-05 10:58:59

@Wind He could hear the noise of passing cars, but after he released all the wind, even though cars were still passing by, he couldn't hear the noise anymore.

Ma

Wind 2021-01-05 10:59:12

The only source of
power is yourself,
your infinite
existence.

You are the one who gives power to feelings, so of course you can release them.

If you don't want it, this thing will simply disappear from your experience.

ZOEY 2021-01-05 10:59:23

In your opinion, what is the
meaning of life? @风随乐2021-01-05 10:59:30

@Wind So, even though the car is still passing by, you can't hear it if you don't assign it any meaning?

The only meaning is growth.
Gaining freedom, returning
to your infinite
existence—no, there is
nothing external.

What is the meaning of music? (January 5, 2021)

Clear blue sky 142857 2021-01-05 11:46:00

@Teacher Feng, how can I truly decide
that I want freedom? I feel like I
still don't really want freedom.

Wind 2021-01-05 11:46:05

No one else can help you with this.

ZOEY 2021-01-05 11:46:07

What about the many more who never
even embarked on the path of growth? (Wind,
2021-01-05 11:46:13)

In a slow way

They searched for happiness in
every direction in the world,
but there was no happiness in
the world.

After repeatedly banging your head against
the wall, you will eventually arrive at
this one and only direction, but the
entire process may take millions of years
or even longer.

ZOEY 2021-01-05 11:46:20

You're experiencing extreme joy every moment
right now, aren't you? (Wind, 2021-01-05 11:46:25)
I cannot describe more than this joy.

Guo Xingxing 吉 2021-01-05 11:46:50

@Wind asked about my personal preference and would like to hear your
explanation from your perspective. What is the meaning of music?

Ancient Indian music is interpreted down to the smallest detail, focusing on every
emotion and its connection to the universe and life. Ancient Chinese music was
also intertwined with the lives of emperors , life itself, and the I Ching (Book
of Changes). At some point, was music also a path to freedom? What is its
significance? (Feng, 2021-01-05 11:46:59)

Music is vibration

The initial

vibration was aum ZOY

2021-01-05 11:47:14

What exactly is this so-called message from
Bashar? Is it from a higher spirit? (Wind, 2021-01-05
11:47:24)

I will not comment on those communications.

Guo Xingxing 吉 2021-01-05 11:47:36

Why is such vibration necessary?

Wind 2021-01-05 11:47:52

All you need to know are all the
psychic messages that have no
meaning to freedom.

Pleasure your astral body

ZOEY 2021-01-05 11:47:58

OK

Wind 2021-01-05 11:48:02

To desire freedom, one should also unleash their passion for music.

ZOEY 2021-01-05 11:48:14

Do astral bodies need pleasure?

Guo Xingxing ຈັບ 2021-01-05 11:48:35

Is it impossible to surpass astral bodies through vibration?

Wind 2021-01-05 11:48:44

Of course, all three

bodies are bound. (Yitian 2021-01-05
11:48:59)

Is the astral body
located inside the physical body? @风
风2021-01-05 11:49:14

There is a way, but it's not through external music.

ZOEY:

Is causality
also a form of bondage?
(Wind, 2021-01-05 11:49:19)

This method is not
suitable for the
present era; indeed,
causality is also a
constraint.

Guo Xingxing ຈັບ :

Yes. I was looking at Sanskrit texts and the
connection between life and sound was so strong that I
wanted to ask about it. (Wind, 2021-01-05 11:49:28)

No, the astral body is
the blueprint of the
physical body, and the
physical body is an
exact copy of the
astral body.

Yitian 2021-01-05 11:49:30

Where exactly do astral
bodies exist? (Guo
Xingxing)

There was in ancient times
Guo Xingxing ຈັບ :

The blueprint of the body is so interesting; it turns out it was here

风 2021-01-05 11:49:52

matrix

这是莱斯特用的词

肉体是被星光体投射出来的，而不是相反

all along.

Yitian 2021-01-05 11:49:58

Do astral objects

transcend the concept of

space? Do they actually

exist on Earth?

Wind 2021-01-05 11:50:26

No

The physical body must

be operated by the astral body .

(Yitian 2021-01-05 11:50:47)

My astral body isn't on Earth ? ● m " "

Wind 2021-01-05 11:50:52

This is not about "an
astral body inside a
physical body" - Guo

Xingxing ချီ :

Therefore, music can at most reveal the blueprint, the present state of
people and society, but even if one wants to understand karma, it has...

limit.

Yitian 2021-01-05 11:51:12

Does everything tangible and material have an astral body?

Guo Xingxing ချီ 2021-01-05 11:51:19

There are intangible ones too, right?

风 2021-01-05 11:51:25

当然，因为星光体是心智性、情绪性、生命粒子的

Elizabeth 2021-01-05 11:51:36

If freedom can encompass any image (including cars, people, and
scenery) , can the image of parents' freedom appear? Does the free will of other

风 2021-01-05 11:51:50

在思想层面，你产生一个画面，你就发展了星光体

可以，但你会不会这么做

你只是不会去这么做，而不是有一个“我不能”

Guo Xingxing ချီ 2021-01-05 11:52:51

@Wind , is my understanding correct? Then music is inseparable from astral
bodies and their reflections.

Wind 2021-01-05 11:52:59

Vibration can penetrate to the primordial state.

However, the music we're referring to is indeed only for pleasing astral
bodies.

Elizabeth 2021-01-05 11:54:15

@The reason why the wind won't change is? If Lester changes a scene's
visual, and you happen to be there, and you change it too,

what happens.

Guo Xingxing ချီ 2021-01-05 11:54:19

The music of ancient India and ancient China seems to be more than just
pleasant.

Wind 2021-01-05 11:54:33

Two free individuals will not have opposing opinions.

They are all the same infinite being, just with different names.

Elizabeth 2021-01-05 11:54:38

If it's the same person, Lester is in every atom, and you are in
every atom, depending on which frequency the person perceiving is reading. You
previously said you sensed Lester nearby.

Wind 2021-01-05 11:54:45

Of course, because nature is the embodiment of aum—the most primordial sound or vibration—Brahma, Vishnu, and Shiva are the most 早musicians.

Elizabeth 2021-01-05 11:54:52

Why won't parents change
their ways? (2021-01-05 11:54:58)

The prophetic musicians' deeper purpose differed from ours; it was to awaken the human spinal cord.

Guo Xingxing 吉 2021-01-05 11:45:00

Spinal
Center Stroke
2021-01-05 11:55:16

You will not interfere
with the karma of each individual.
(Huixuan, 2021-01-05 11:55:33)

@Wind, how do you understand
frequency matching, and how can I achieve
frequency matching? (Wind, 2021-01-05
11:55:35)

release
Without mental conflict,
you are simply identifying with the
frequency. (2021-01-05 11:55:40)

Mr. Feng, how many people on Earth today have
achieved true freedom? (Feng, 2021-01-05 11:56:00)

I will not disclose this matter.

I can only say it's much
less than you imagine
because many people
don't want to know.

In primitive times, the music of various civilizations corresponded
to the natural time of day, the seasons, and the principal deities of
special powers, such as Indrag, and could only be heard at the dawn
of spring, evoking feelings of universal love.

Guo Xingxing ॐ 2021-01-05 11:56:06

What about Tara? I thought this explanation was just philosophical.
Wind 2021-01-05 11:56:36

There are 120 kinds of
interconnected things in the Taras era in
Sanskrit texts. (2021-01-05 11:58:19)

This is just a feeling,
no analysis needed. (Wind, 2021-01-05
11:58:27)

These rhythms originate from human movement, twice the time
spent walking, and three times the time spent breathing while
sleeping, at which point the inhalation time is twice the
exhalation time.

Guo Xingxing ॐ 2021-01-05 11:58:39

Can it help humans besides bringing them pleasure?
The era of the Internet of Everything 2021-01-05 11:59:01

Is it true that you'll
be able to see it just by
practicing more? (Feng, 2021-01-05
11:59:09)

It is effective
spiritual
training .

Through practice

Vibrations act not only on astral bodies

Guo Xingxing 吉 2021-01-05 11:59:47

How can we understand and obtain the corresponding vibrations?

Wind 2021-01-05 12:00:00

I want to say "release," but that answer is sometimes too simplistic .

However, you do need an intuitive
understanding to know that the ancient
Indian music brought by the prophets was
essentially individualized.

The third eye is the center of intelligence; at the time of death, a
person's consciousness often focuses here.

Guo Xingxing 吉 2021-01-05 12:00:09

Release is related to vibration,
but release has nothing to do with music.

(Wind, 2021-01-05 12:00:18)

The biblical metaphor is that God 早 created the Kingdom of Heaven by focusing His consciousness on the third eye on the forehead, where all His creative power was concentrated. However, this was lost when He began to use the physical nature of His body to "cultivate the land."

Release and none of those things matter.

The only thing you need to know about releasing it is six steps.

Guo Xingxing 郭行行

2021-01-05 12:01:35

Is there a way to achieve freedom through human musical vibrations? Did such a method exist in ancient times?

Wind 2021-01-05 11:42:08

There are methods that utilize vibration.

The human body is the best musical instrument; external music is merely the initial training.

That's all for the answers to intellectual questions. Let it go; it will bring all the answers.

2020-01-05 Wind Explains Six Steps

The six steps outlined in the course: When the process says "allow yourself to be aware," it doesn't mean you forcefully dig, but rather what you are aware of in this moment without doing anything. There's no need for effort or control. Why doesn't the course teach you "how to be aware"? Because "how" involves mental effort. For example, ask yourself if you want control or identification right now. You'll immediately be aware. If not, then you want to control. Wanting things to go your way is wanting control. It's very simple. So, again, remember these six steps. Keep them close at hand and refer to them whenever you need to. Any questions you have about liberation can be answered within these six steps.

I can explain it step by step.

The first step is that "you must want freedom more than you want control and approval." Wanting control and approval is a way of limiting your feelings. But sometimes we're that foolish. We'd rather have restrictions than freedom. Sometimes you get stuck precisely because you're unwilling to let go of them. Just want When you realize that the desire to control and identify with limits you, you crave freedom even more. So the six steps don't really need explanation. It's

simply what it sounds like.

The second step is to make a free decision. A decision is a decision. Because you want freedom, you decide to do it.

The third step is that all your feelings are driven by a desire for control and acceptance. You are constantly experiencing these feelings, and the entire world you perceive is designed for control and acceptance. You are on guard 24/7, trying to prevent the fear of death from surfaceing. This defense mechanism is based on the desire for control and acceptance.

The fourth step is continuous release. Continuous means ongoing. You do it the first time, then you can do it a second, a third, a fourth ... until you finally achieve freedom. Lester said, "there..." is no stop in the six There is no "stop" in the six steps. "Continue" means to continue.

The fifth step is the one you'll likely use the most at first, because you'll often get stuck. But getting stuck is simply because you want to control it. The only reason you get stuck is because you want to control what's happening. It's that simple. Release this desire to control what's happening, and the feeling of being stuck will immediately turn into smoothness.

The sixth step, and the one we most easily overlook, is about letting go. Each release makes you feel freer, which can be described as easy and enjoyable, but ultimately it's about freedom. The motivation from these experiences strengthens your desire for freedom from the first step. As Lester said, "If you do the first step thoroughly, you will naturally follow the next five steps." If you do the first step thoroughly, you will have no obstacles. Control is a good thing, but wanting to control is not. Wanting equals lack. Wanting to control is a feeling of lack regarding control.

Is it feasible to watch the show on January 5, 2021 ?

Jamie Ye Minzhen 2021-01-05 19:48:16

@Feng , is it feasible for me to watch dramas and release my emotions?

The film's plot brought back many events I'd never wanted to face. If I hadn't watched it, I would have thought I'd already let go. I'm afraid I'll become addicted to this kind of catharsis, violating the original method of catharsis. @风

If you're afraid of death, why not just watch more horror movies? Or is it feasible to use VR technology to let people practice dying?

wind

Wind 2021-01-05 19:49:17

Doing so can help bring out the fear of death.

However, if you are under immense pressure to control and gain approval, you may be unable to directly confront the fear of death.

January 7, 2021 If you are disturbed, it only means you want to be disturbed.

Yitian 2021-01-07 20:23:44

【picture】

"When you continue to release, you will automatically isolate yourself" means that once you enter a state of continuous release, you will naturally not be disturbed.

@wind

Wind 2021-01-07 20:23

certainly

外面的世界本来就是你投射的
如果你被打扰，只能说明你想要被打扰你用思想创造了
那个被打扰的境况

Yitian 2021-01-07 20:23

Did you encounter any
disturbances during your seclusion? (Feng,
2021-01-07 20:23)

No

Once you've decided to turn inward, nothing can bother you.

Yitian 2021-01-07 20:23

Is it that there's an external stimulus but no reaction from within? Or is there truly no external interference? (Wind, 2021-01-07 20:23)

It's the same thing.

外面只有你的思想

一开始你还在创造一些事件 不过那是你的欲

望在打扰自己

释放到后面,尤其是集中释放死亡的恐惧的时候,想要控制和认同走得差不多了,世界完全不会干扰

Yitian 2021-01-07 20:23

For example, you're in a locked room and someone knocks on the door, but it doesn't affect you at all. Or is it that once you enter continuous release, no one will knock on the door at all?

Wind 2021-01-07 20:23

This is even more obvious in the woods;
venomous snakes and wild beasts will keep
their distance, releasing enough desire for
control and acceptance that no one will even
knock on the door.

Yitian 2021-01-07

20:23

I see

2021-01-09 Complete Release — Feeling completely possessed, the mind no longer revolves around it.

Qinqinqin 2021-01-09 19:05:54

How do you define complete release? I've felt completely released several times. I told you, the goal is almost...

All achieved

But in the end it didn't work out.

Wind 2021-01-09 19:06:35

You know you completely released on it when you don't give a hoot
This is what Lester Levenson (The Sedona Method) said.
Because you already feel that you completely
possess it, your mind no longer revolves around it
or seeks external validation.

You only realize it when you have it.

If you still have the urge to seek

external validation, releasing it
means you haven't fully released
it.

2021-01-09-20 As long as you don't release it, you're
suppressing it.

Zizai 2021-01-09 20:20:13

@Wind, is it only possible to get stuck after learning the release
method? If someone hasn't even experienced the release method, they shouldn't have
the problem of getting stuck, right?

Wind 2021-01-09 20:20:25

You could say you're constantly stuck, because when you're not releasing it, you're actually suppressing it, not allowing it to surface.

Zizai 2021-01-09 20:20:56

@Wind's chest tightness problem persists, making me hesitant to practice. (Wind 2021-01-09 20:21:09)

I've been trying to pay as little attention to my physical sensations as possible. (Zhang Fei, 2021-01-09 20:21:54)

@Wind means that as long as it's not continuously releasing, it's stuck, using step five, right? Wind 2021-01-09 20:22:00

If you want to release something but can't, that's called being stuck. Another situation is simply not wanting to release it at all.

Ice Purple 2021-01-09 20:23:17

[Image]

Wind 2021-01-09

20:23:29

As long as you're not releasing, you're suppressing. Feelings keep surfacing and then dissipating. Feelings keep rising.

Lift.

You feel pleasure and are satisfied with the present pleasure. At this point, you may also want to control this feeling of pleasure.

2021-01-10 Go do it!

Roller 2021-01-10 09:39:14

Wind, you don't know everything yet, right? (Wind, 2021-01-10 09:39:25)

The last step was not completed.

Roller 2021-01-10 09:39:31

Okay, I understand.

You know some things, but
you also face unknown challenges.

(2021-01-10 09:39:44)

If you want to know, I'll take it from Samadhi.

Roller 2021-01-10 09:39:50

Haha, I teased you a little, sorry.

Brother Feng, I'm
about to reach the
first step. I'm very
confident that it'll
be soon.

I've slowly come to realize that this world can't give
me the happiness I want. My joy lies only in my own
heart; the ability to be happy is the ability to love.
My goals are not as tempting to me as inner happiness.

I truly want to emulate this
aspect of being a teacher. (Feng,
2021-01-10 09:40:12)

Go do it.
Roller 2021-01-10 09:40:50

【picture】
That's the feeling.
What is it. I must get it

2021-01-11 Keep it simple and easy; repeated practice will
help you master it.

On January 11, 2012 20:52:05
Welcome, Teacher Feng
Ask any questions you have.
I might not see Teacher
Feng for a few days. Love is the key.
21:00:23

@Teacher Fengfeng, I have a question: When I'm releasing emotions, I
don't think about what specifically I should release , but rather what feelings
and emotions I have that I release. However, I remember that one of the six steps
is to reduce all feelings and emotions to the three basic desires and release
those three basic desires. At that time, I would use my brain to find out what the
desire behind my emotion is, but I found that when I was thinking, I seemed to
enter an unnatural and somewhat rigid state, which seemed to be deliberate and
actually hindered my smooth release. How can I solve this problem?

Sometimes I can naturally release certain basic desires, but

other times I just can't . (2012-01-11 21:01:46)

No need to use your brain to search
Relax, keep
things simple,
and release your
desires in a
unique way.

20121-01-11 21:04:44
@Wind, does releasing the fear of death need to be done continuously? I always get
tired after half an hour and have to stop, unable to continue. Then I start over

again the next time, over and over. I can't make progress. As soon as I relax and ignore everything, the fear comes out. I still can't calmly release my fear.

Wind 2012-01-11 21:04:49

Once the desire behind the feeling is identified, it is immediately released, almost without needing to ask a follow-up question.

gydx 2012-01-11 21:04:58

@Teacher Fengfeng, hello. When I release desires, I can simply be aware of many very rapid urges, but my mind cannot distinguish which of the three basic desires it is. Trying to distinguish them only makes me...

It makes my brain more tired and increases the burden.

Wind 2012-01-11 21:06:16

Feeling tired means you're
exerting effort; releasing
doesn't require effort—that's
the course design.

When you truly begin to let go of the desire for control and
identification, you'll find it's very simple.

gydx 21:08:54

@Wind I can release my emotions. Today, while lying down and
releasing them, I observed many desires arising one after another, but my mind
couldn't even distinguish which desire it was.

@Feng, do you really need to identify which kind

of desire? Is simply observing desire enough?

Feng 2012-01-11 21:10:36

This is not a release method.

Releasing the desire for approval or control once is
equivalent to releasing thousands of emotions attached to
it. Sometimes, many of the "desires" we express are
actually just thoughts.

You don't need to intentionally distinguish them.

Yes, as Lester said, you need to release enough
of the desire to control and approve—not by
watching, but by practicing.

When desire is brought forth, it
is released; otherwise, you
return to the beginning of the
process.

Relax your body and rediscover its sensations.

Identify what kind of desire it is and let it go.

Keep things simple and relaxed;
repeated practice will help you
master thinking and analysis, but it
will also make it increasingly
difficult for you to let go.

Because the mind only plays
back past experiences, saying
"no" is...

Then proceed to the next process.

You've introduced a
concept of
psychotherapy, but those
concepts are all
imprecise.

Our current psychology is based on some flawed assumptions.

2021-01-11 Don't try to figure it out, just follow
the process. If you don't get it the first time, do
it a second time .

WHAT AM I 2021-01-11 21:05:14

Those people in the videos, just as you said, were
learning to release their desires; as soon as they became aware of
it, it was gone. (2021-01-11 21:05:27)

Learning to release desires can
begin by starting with emotions and
working backwards; this is also part
of the course design.

WHAT AM I 2021-01-11 21:05:34

Well, we can only keep exploring and figuring it out.

Wind 2021-01-11 21:05:49

My advice is not to fumble around; just follow the process the first time. If you don't get it right the first time, then do it a second time.

That will be faster.

Trying to figure things out through your mind will actually lead you down many detours, because your mind can only play back past experiences.

WHAT AM I 2021-01-11 21:06:57

In other words, even if the desire is analyzed, it should still be pursued?

Wind 2021-01-11 21:07:00

Um

You can see in the video that during the teaching process , the instructor did not correct their misconceptions.

WHAT AM I 2021-01-11 21:07:15

Can this desire be let go? The answer is no , but keep asking if it can be let go until the answer is yes? (Wind, 2021-01-11 21:07:43)

Even if they thought about it

WHAT AM I 2021-01-11 21:07:54

Yes

Can this desire be let go? The answer is no , but keep asking if it can be let go until the answer is yes? (Wind, 2021-01-11 21:07:59)

no

If you haven't left, you can just go through the process again, starting from the first step.

Relax your body

WHAT AM I 2021-01-11 21:09:10

It's about

rediscovering those emotions?

(Wind, 2021-01-11 21:09:28)

Yes, let's start
from the first
step, just like
the first release.

WHAT AM I 2021-01-11 21:09:57

Okay, I'll do
it that way . (2021-01-11
21:10:11)

Because you are in the learning stage
So just treat it like the first time every time.

January 11, 2021: The graduate student's approach is
simply to release the feelings that are currently stuck in
their throat.

Wind 2021-01-11 21:26:40

"Everyone is combining other things with release, and when you do
that, you slow down the release. If you need something else, you slow down the
method."

Zaiyan 2021-01-11 21:27:06

When Teacher Feng arrived, I felt completely silent [facepalm]. Even asking questions became difficult [facepalm].

Wind 2021-01-11 21:27:14

When using the release method, all additions weaken its power. (Zhouzhou, 2021-01-11 21:27:35)

@After the wind is completely released, does it know where it's going? Wind
2021-01-11 21:27:57

Know

Zhouzhou2021-01-11 21:29:30

Does he truly know, or is it just a direction?
Will the physical body suddenly disappear? (Wind, 2021-01-11
21:29:49)

No, unless you consciously make it disappear.

It's very specific, but it's intuition rather than thought, and it's more certain than thinking.

Because I'm planning to go into seclusion in a few days, I'll try to answer questions related to the actual release. After that, there are six steps, course videos, and Lester Levenson (The Sedona Method) audio materials.

It's enough to support everyone to complete the entire journey; no teacher is needed.

Releasing anything is not difficult; simply treat it as a feeling to release.

There are 112 ways to do this.

The release method is the most suitable for the present era.

Lester discussed this issue, stating that psychology considers emotions to be normal, and that you only need to adjust them. However, emotions themselves are programs, and these survival programs are, in fact, anti-survival.

Yan Guilai 2021-01-11 21:36:13

@Feng , whenever I mention that you'll be leaving after you get free, I always feel inexplicably sad and lost. Is this because you have a fear of freedom?

Inner Clear Sky 2021-01-11 21:36:24

Do all those who truly find peace eventually end up living in

seclusion like you, Lester?

Wind 2021-01-11 21:36:34

That's not it.

For me, it's about returning to normal life.

As I've mentioned before, although I've been involved in spiritual practice for many years, I've never been involved in the spiritual community or the psychic community.

I've always practiced silent meditation, and after encountering the release method, I practiced silent release, so I have no inclination to become a teacher.

Zaiyan 2021-01-11 21:38:39

@Teacher Fengfeng, you're here!

I can't get a question out of me. Could you please guide me? I believe you understand everyone, thank you.

Wind 2021-01-11

21:39:15

Then cry it out.

It is best to use the standard procedure for release.

The effectiveness of the release method is beyond human imagination.

Zaiyan 2021-01-11 21:40:45

Do I have to ask
questions before
releasing it, or can I
just release it
directly?

Wind 2021-01-11 21:40:50

If you're truly using the
release method created by
Lester, the problem of releasing
desires is very simple, just a
sentence or two, but those
sentences contain a complete
process: consciously release
desires and then apply it.
Follow the video
During the learning phase,
practicing with videos is the best
way; you described the feeling as
surging like waves.

Zaiyan 2021-01-11 21:44:50

@Wind , when did you stop asking questions?

Wind 2021-01-11 21:44:51

At that point, you'll
naturally know you don't
need to ask , but once you
stop, you need to operate
according to the
procedures.

Once you truly get used to releasing, you'll find it easy to release.

You need to spend more than 50% of your time each day releasing stress for
the habit of releasing to surpass the habit of suppressing it.

Zaiyan 2021-01-11 21:47:00

Yes, I used a question to start it up, then it was very quiet, and after the release was successful, I didn't need to use it anymore.

Wind 2021-01-11 21:47:34

Using memories to evoke emotions is one method, but it's a method used in elementary school.

The graduate student's approach was to release the stuckness only.

Just release the feeling that's stuck there right now, put one out, then put another out.

If feelings of wanting to control or identify arise, release them.

Until the fear of death surfaces, you allow it to surge forth, surge forth like waves. Well, generally there won't be any visual images.

You released it a little slowly.

Or rather, there's something wrong with how you're using this method.

Li 2021-01-11 21:50:58

@Welcome , Teacher Feng [rose]

I've been practicing for a while, but I haven't felt a significant sense of relaxation and joy. Is it because I haven't released my emotions yet?

Wind 2021-01-11 21:51:17

Okay, keep practicing, practice with the video.

I shouldn't use analysis to answer your questions.

gydx 2021-01-11 21:51:40

@Wind I always need to feel a strong sense of control and self-affirmation. Only then do I feel like I'm releasing that sense of control and self-affirmation. Why is this happening? And how can I fix it?

Wind 2021-01-11 21:51:43

Because the method
is experiential,
it doesn't need to
be like this.

You just
need to

answer and
then
proceed.

Practice the process once,
then practice it again until
you truly master it.

The simpler you do it this
way, the faster you'll
learn. You can provide some
assistance if needed.

However, keeping the
operation process as
simple as possible
is acceptable.

No need for this

Just follow the simple process

Li 2021-01-11 21:56:15

Okay. Thank you, teacher! In the video, the teacher mentioned feeling

something in the chest and abdomen. Were those three questions asked by the mind?
I feel like they were asked by the mind? @风

Wind 2021-01-11 21:56:33

It's a question of mind.

It's a question about mindset, of course.
Do not summarize the process in any words.
Lester never wrote a book about the
release technique while he was alive; he
practiced it by following videos.
You can only learn to release yourself by
watching others release themselves and
experiencing it alongside them. I'm not in
seclusion; I'm living in seclusion.

Zaiyan 2021-01-11 21:59:32

@Taking refuge in one's true nature

The teacher is going into seclusion.

Li 2021-01-11 21:59:45

OK

Wind 2021-01-11 22:00:06

The chest and abdomen are sensory centers.

The accurate center
of sensation is the
heart chakra, but
there are also
sensations in the
chest and abdomen.
Is there anything
wrong with this?

Like Water 2021-01-11 22:01:33

@Wind I would be in a lot of pain if I were in a relationship now.

Wind 2021-01-11 22:02:15

Try the release method.

Of course, isn't everyone here to learn how to let go?

My purpose in going into seclusion is because the liberation method doesn't
actually need a teacher.

If I continue to stay here answering a large number
of mental questions, it will actually be an
obstacle. The method is actually very simple.

When you try to communicate, you're actually
trying to find a mental understanding.

That's why I say communication is actually
about mentally misleading each other.

Implement six steps to continuously release

The six steps are everything you
need to know at the knowledge
level; it's best not to do it
this way.

Li 2021-01-11 22:08:09

Thank you for your answer, teacher [rose emoji]. Will I be able to
learn the release method just by practicing more? Why do I feel so stupid ?

[facepalm emoji] I've been practicing for a while, but I still don't feel like I'm
making any progress.

Wind 2021-01-11 22:08:12

If you haven't mastered it, go
through the process again
until you have.

But if you fill your head with other people's conceptualized experiences or
tips, you'll go astray.

January 11, 2021: It is not recommended that people
summarize their experiences into methods.

Wind 2021-01-11 22:09:22

Therefore, I do not recommend that people
summarize their experiences into methods;
they should always return to the original
process.

Zaiyan 2021-01-11 22:10:47

Go back to the original process forever

Wind 2021-01-11 22:12:15

Complete process

首先你要放松身体
一旦你发现自己在用力做释放，需要停下来放松身体因为很多人因为
过去的错误习惯，习惯了去用力
释放时如果你试图找一种感受，那就是在逃避当下的感受你全天候二十四
小时逃避着当下的感受

Like Water 2021-01-11 22:15:09

@Feng always tries to avoid doing exercises, what should I do?

风 2021-01-11 22:15:28
针对它做释放注意到时释放
释放很简单，很轻松
释放不是一种需要你付出极大精力的活动
有人可能因为以前错误的练习方式对释放有错误的概念接受不清晰的感
受
不清晰的感受是一种感受需要认识到这一
点
你不存在没有感受的时候
你只有不把感受当感受的时候

莱斯特专门提到这个 vague feeling
模糊不清的感受

gydx 2021-01-11 22:18:49

@Wind, have you been
cultivating release techniques
throughout your past lives? Wind
2021-01-11 22:19:07

no

The release method was introduced for the first time.
The vague feeling is because
you're avoiding feeling in order
to experience your vagueness.
When you ask yourself a
question, is it a thought in
your mind? In the stage of
releasing emotions and then
releasing desires, you can

trace back from emotions to
desires.

This is also the way the course is conducted.
Once you're familiar with it,
you can release your desires
and relax a bit.

gydx 2021-01-11 22:23:37

@Wind What directly affects the speed of progress for each person? In other words, what determines the speed of progress for two people with similar habits practicing the Release Method together? Buddhism says that the speed of progress is related not only to the level of diligence but also to the foundation cultivated over lifetimes, the accumulated merit (paramita). If one has had correct practice in past lives, progress will be faster in this life.

Wind 2021-01-11

22:24:14

will power

Willpower

Only related to this

Use the process, don't worry about it.

The experience will change as you release it.

gydx 2021-01-11 22:25:11

@How can wind increase willpower?

Wind 2021-01-11 22:26:09

But the most basic release is simply

becoming more relaxed and enjoyable;

it's all about letting go of the desire.

Choosing to identify with your infinite

existence or your physical body is a matter of

complete free will in making a release; it is

choosing to identify with your infinite

existence.

随乐 2021-01-11 22:27:11

@风释放时，能量流动到边缘就不动了，不是流动出去没有了，应该是消融了才对吧，这是卡住吗？

风 2021-01-11 22:27:14

是的，每一次释放都会让你 move up，这是卡住。事实上你只要过于注重体会会卡住。因为感受（feeling）是心理层面的东西。你真正释放的是这个，你体验到的身体感受，清凉、热、能量消散，闷堵变通畅，那都是伴随着情绪的释放发生的。会有一点效果，会释放一点，但是远远不如释放流程的威力。get everything by releasing only。只要有想要的，通过释放获得它。感受驱动念头。想要是一种感受，基础感受。比如 workbook 里面的练习，你想要从哪些地方获得控制，你想要从哪些地方获得认同。做这些练习是可行的。注意心理感受，不要注意体感。

gydx 2021-01-11 22:32:24

@风get everything by What does "releasing" mean? [smile]

Wind 2021-01-11 22:32:36

Simply by releasing everything you want

Beautiful Life 2021-01-11 22:34:22

@Wind , is it normal to burp or pass gas whenever you feel you've released your emotions? [Laughing]

Wang Jihong 2021-01-11 22:34:32

@wind

That's why Lester Levenson (The Sedona Method) always wants you to confirm your gain .

What does this sentence mean?

Wind 2021-01-11 22:34:54

Note that your "lack of feeling" and other reactions are normal.

This confirms the purpose of step six.

Clear Sky 483 2021-01-11 22:35:27

@Wind , you don't feel anything, so you want to feel something, right?

Wind 2021-01-11 22:35:36

Each release will bring you benefits.

For example, a heavy emotion becomes pleasant after being released.

Clear Sky 483 2021-01-11 22:35:59

I used to be able to feel the effort in my chest and abdomen, but now I can't feel the wind. (2021-01-11 22:36:04)

A long-standing habit is broken and a goal is achieved.

These are all gains, and recording them will provide the motivation for continued release, which is also an important point.

只是伴随的身体感受
没有感觉，是一个模糊不清的感觉
或者不明显的感觉
去有意识注意你的模糊不清
这会带来很大的帮助
先注意到它
不要那么急
如果你去感受时，你的感受是“没有感受”
这时候不要去找别的感受
只是允许这个“没有感受”在这里
先不要这样做
先去注意这个“没有感受”
或者说空白的感受
有意识注意它，直到你认出它是一种感受

没有感受，模糊不清的感受，只是你在逃避感受而已
它并不是真的没有感受

Your first repressed feeling was the fear of death (the desire to survive), which then developed into a desire for identification and control.

They developed nine categories of emotions and numerous individual feelings.

In the release method, when we talk about

emotions, we are referring to the nine emotions

listed in Agflapcap. When we talk about

feelings, all individual feelings, emotions, and

desires are feelings.

In summary, here's a summary:

(Wind, 2021-01-11 22:37:19)

It's just an accompanying physical sensation, a vague or indistinct feeling. Consciously paying attention to this vagueness can be very helpful. First, notice it, don't rush. If when you try to feel it, your feeling is "no feeling," don't look for other feelings. Just allow this "no feeling" to be there; don't do that yet. First, pay attention to this "no feeling," or blank feeling, consciously notice it until you recognize it as a feeling. The lack of feeling, the vague feeling, is just you avoiding feeling; it's not truly a lack of feeling. Your first repressed feeling is the fear of death (the desire to survive), which then develops into the desire for identification and control. These develop into the nine emotional categories, and many other individual feelings. In the release

method, when we talk about emotions, we refer to the nine emotions in Agflapcap .
When we talk about feelings, individual feelings, emotions, desires—all are feelings.

The only steps required to complete the entire journey on January 11, 2021 are six.

Wind 2021-01-11 22:44:55

Continue the process
You can also directly
release this anxiety and
familiarize yourself
with releasing emotions.

Many people, during the emotional
release phase, mistake inappropriate
emotions, such as vague or unclear
feelings, for no feelings at all.
You can't possibly not feel anything.

You spend 24 hours a day
avoiding experiencing the beauty of life.
(2021-01-11 22:48:42)

Recognizing that not feeling is also a feeling, then...?

Wind 2021-01-11 22:48:57

Then release

Mingkong2021-01-11 22:49:07

@Feng feels imperfect, not good enough, and doesn't deserve to live in the world. How can he release this feeling?

Wind 2021-01-11 22:49:27

Recognize that this is just a feeling, and then release it.

Beautiful Life 2021-01-11 22:49:37

Could you guide me a bit?

Wind 2021-01-11 22:49:38

Is the release
method really that
simple? I won't
provide guidance
now.

You'd better practice with the video.

After learning the process, practice on your own.

make it a do-it-yourself tool

Yes

Hatred is just a
feeling you can
sense.

It can be released using a simple, identical process.

You can release the desire to change
this vague feeling, and then it will
become clear.

Zhouzhou2021-01-11 22:52:52

After everything was released and all the procedures were
completed, didn't you feel a mix of joy and sorrow ? (2021-01-11
22:53:05)

Only pleasure

If you feel sad, that's a feeling; it
can release feelings of pleasure or
release...

What happens after release? Will it bring more pleasure?

Elizabeth Zhang 2021-01-11 22:54:10

I've found that sometimes my thoughts and feelings aren't in sync. For example, I might think I want to control something, but after failing to let go, I realize I actually want to change something else. But this feeling is deeply hidden. It seems to require profound insight .

Wind 2021-01-11 22:54:08

unnecessary

If you add other things, you'll make this
method highly complicated, and it will lose
its effectiveness.

Do not do analysis

Elizabeth Zhang 2021-01-11 22:55:48

If we take the state of eating as an example

Wind 2021-01-11 22:50:50

Try to answer those
questions intuitively
and feel what you want.

Ask yourself if you want to
control or accept your
intuition.

Okay, allow yourself to become more
aware of this urge to control and
then ask yourself if you can let it
go.

This process is complete.

Once you're familiar with releasing emotions, you can practice releasing
desires. And once you're familiar with releasing desires, you can release
them directly.

Desire is enough

If you want it, you just want it.

The desire for control is often accompanied by the feeling of exertion.
The desire for recognition means you want to be recognized, understood,
praised, and loved...

These concepts are already quite simple, so don't try to explain a
single concept's language shift with a series of other concepts. This won't give
you an experience of freedom or lack thereof; experience it for yourself and
analyze it.

It's just a game of the mind.

My guidance is very similar.

Remember the principles

The only steps required to complete the entire journey are six.

Using the original process, a workbook can
be used as an aid during the learning phase
to keep things simple.

Wang Jihong 2021-01-11 22:03:13

What happened after @FengYuyue was released ?

Wind 2021-01-11 22:03:24

More enjoyable

Wang Jihong 2021-01-11 22:03:46

Okay, thank you.

Mingkong2021-01-11 22:05:10

@Feng , is Yang Dingyi free? I've always wanted to ask but haven't dared to.

Wind 2021-01-11 22:05:31

Don't make me do this kind
of certification [grinning
face]. Whether it's
freedom or not, experience
it for yourself; it's
about allowing yourself to
feel it.

Ramanamahashi is free, as Lester often mentions, but his

method is not applicable; very few people on this planet

can use it.

Elizabeth Zhang 2021-01-11 22:09:37

Ramana's Personal Instructions (Part 1)
[<https://mp.weixin.qq.com/s/Hz4TqOAPWiQBS9loEGVyLw>]

Wind 2021-01-11 22:09:43

Before the advent of the liberation method, Kriya Yoga was the
fastest way, which Yogananda called the " path of the
airplane."

Those who have been released through legal means have all completed
their own journeys.

The students who were always by
Lester's side didn't have freedom
because they developed a dependency.
This will hinder
its own progress;
the release method
is the rocket

path.

After seeing that Lester was about to awaken, Yogananda passed away.

March 7 , 1952

Lester Levenson (The
Sedona Method)

awakened in April 1952

with Avatar and

Givamukhtar .

Avatar is a person who has gained
complete freedom, not Suryakria.

The Kriya Yoga awakening of
Babaji in Yogacaranda was a
matter of complete free will.

In everything else, there is
no free will; only in this one
thing is there free will.

That is choosing to acknowledge your
infinite existence, or to acknowledge your physical
presence. (2021-01-11 23:16:15)

It is still necessary to release them before they can truly choose to
identify.

gydx 2021-01-11 23:16:55

@Feng religions all claim to offer liberation, so why haven't these methods
emerged within religious sects today?

Wind 2021-01-11 23:17:13

It does not depend on the form of religion
Buddha and Jesus are both great teachers.

Zaiyan 2021-01-11 23:18:04

Are they still in the causal plane?

Wind 2021-01-11 23:18:06

But after many generations, their later disciples did not pass
on their teachings correctly. Lester will discuss these points
in the video.

If you don't want freedom, even if you encounter the
Liberation Method, you won't use it according to the six
steps. Haier himself is a teacher and instructor of the
Liberation Method.

On 2021-01-11 23:21:13

That means most people fall into this category.

Wind 2021-01-11 23:21:28

But he chose to follow his beliefs, altering the simpler process instead of
continuing to release [the virus].

gydx 2021-01-11 23:21:56

@Fengna , is your desire for freedom predetermined by karma?

Wind 2021-01-11 23:22:05

Then mix in some things, and
then mix in even more things to
fill your mind with concepts.
This replaces the actual
release to freedom; the

desire for freedom

transcends karma.

Anyone can make that decision at any time.

The release method works on the sensory level on January 11, 2021.

Wind 2021-01-11 23:24:35

The release method works on the level of sensation.

However, if you release yourself at the level of emotional categorization, clearing away one emotional category would require thousands of lifetimes of release. But if you release yourself at the level of the three basic desires, it only takes a month.

Because when you release a basic desire, all the emotions attached to it disappear. If you release a thought, it will continue for thousands of lifetimes, multiplied by thousands of lifetimes. This is so inefficient.

The true method of liberation is to release basic desires. The desire for control, the desire for recognition, the desire for safety/survival (fear of death)

hai 2021-01-11 23:27:17

This is what really bothers me: why do I still want to cry after releasing my urges? This emotion shouldn't just disappear.

Is that all?

Wind 2021-01-11 23:28:30

Continue to release

Current time: 2021-01-11 23:28:44

Losing a large sum of money in business leads to feelings of regret, frustration, and loss. Is it possible to see the underlying desire for security and then release that desire? @风

Wind 2021-01-11 23:24:35

Um

Elizabeth Zhang 2021-01-11 23:29:41

Today I tried something that made me exert more effort mentally. I wrote down the questions, over and over again, filling seven or eight large sheets of paper. I asked and answered them myself. I felt like I wasn't straining my brain as much anymore.

Wind 2021-01-11 23:30:39

No need to write

Elizabeth Zhang 2021-01-11 23:30:39

Self-dialogue

Wind 2021-01-11 23:30:52

This also counts as a change to the release process. Because the release method doesn't require any

self-dialogue, you can simply
face and release one feeling
at a time.

If everything comes out at once, it will naturally get out of control.

Xiaotang 2021-01-11 23:31:57

How is the target released?

Wind 2021-01-11 23:32:003

So don't rush to release it, just relax.

Feel and release one by one

Releasing your target is simple: release all your feelings about the target.

Xiaotang 2021-01-11 23:33:43

Is it also about control
and identification? Of
course.

If you want a sense of
security to emerge, then after
releasing control, you only
need to release three things:
the desire for control, the
desire for recognition, and
the desire for security—this
encompasses all feelings.

The desire for security stems from the underlying need for control and acceptance.

gydx 2021-01-11 23:35:16

@Wind , why don't you just go and release your desire for safety?

Wind 2021-01-11 23:35:16

Only when you release enough of your desire for
control and validation can you directly confront your
desire for security; otherwise, you will continue to
want to escape.

The desire for control and validation will continue to surface.

Current time: 2021-01-11 23:36:55

Is everything in the material world a
manifestation of consciousness using energy? (Feng,
2021-01-11 23:37:43)

The material world is merely a manifestation of thought.
All your thoughts, subconscious
thoughts plus conscious thoughts, will
make it easier to confront the desire
for security.

gydx 2021-01-11 23:39:34

@Wind is easier to refer to?

Wind 2021-01-11 23:39:55

It won't shrink
back all at once. (Xiaotang,
2021-01-11 23:40:03)

@Wind , could you offer some advice on children's education from your
perspective?

Wind 2021-01-11 23:40:04

The desire for safety is tinged with the fear of death.

Lester Levenson (The Sedona Method) gave advice.

A child should never be left to cry. It is not lung exercise. It's cruel to let a
child cry without finding out What he wants and taking care of it. This taking
care

of the needs of children would alleviate much of their insecurity in adulthood.

It's wrong to leave a child crying; that's not good for their lungs. It's cruel to let a child cry without checking what they need and taking care of it; this kind of care for a child's needs can greatly reduce their insecurity as adults.

Education today is a Total miseducation.

Today's education is completely wrong.

You take an infinite being and you try to jam rote stuff into him, stifling his capacity to evolve and be creative. You're also stifling his evolution.

If you take an infinite life form and try to force it to memorize things, you will stifle its ability to evolve and its creativity, and you will also stifle its evolution.

DO you have to teach a flower how to grow Beautiful? We should have the same attitude toward a child. We should allow the child to evolve naturally, to express his inner abilities.

When you look at it that way, you can see how confining our educational system is. Take the colleges. They tell you must learn to think for yourself. But if you think differently from the professors, you flunk.

Do you need to teach a flower how to grow beautiful? We should have the same attitude towards children. We should allow children to evolve naturally and express their inherent abilities. When you look at it from this perspective, you can see how narrow our education system is . Take universities, for example. They tell you that you must think for yourself, but if your ideas differ from those of the "professors," you will fail.

In my first term in college I was told Now that I'm in college I should think for myself." So I started doing it. The first two marking periods I flunked all the subjects where I had to think for myself.

During my first semester at university, I was told that now that I was in university, I should be able to think for myself, so I did. As a result, I failed all the subjects in the first two midterms that required me to think for myself.

I really struggled with it, until finally I asked one of the professors if he would allow me to see the exam papers of the others who got good marks.

I was really struggling internally, and finally I asked one of the professors if I could see the exam papers of other people who got high scores.

I read the mind discovered that they were giving him back exactly what he was telling us.

Then I saw the whole picture if I thought the way he thought, I was smart; if I didn't, I was dumb, even though he told me to think for myself.

After reading it, I realized they answered exactly as he had told us. Then I understood everything; if I thought the way he did, then I was intelligent; otherwise, I was dull-witted. Even though he had told me I should think for myself.

So it's not true that they want you to think for yourself; they want you to think the way they think.

So they don't really want you to think for yourself; they want you to think the way they think.

After that, it was Easy. kept excellent note sand made sure I always gave back the prof his ideas. With the least amount of studying, I got the best marks.

After that, everything was very simple. I took good notes and remembered to answer the professor's questions; with minimal effort, I got the highest score.

gydx 2021-01-11 23:41:31

Does "wind" refer to a stronger heart that desires security? You could say that.

gydx 2021-01-11 23:43:29

@Wind , is it easier to deal with the desire for control and recognition than the desire for security?

Wind 2021-01-11 23:43:45

Yes, because they are on the surface.

At any time, if you want to safely float to the surface, you release...

If you still have a lot of desire for control and validation on the surface, then release that desire.

Elizabeth Zhang 2021-01-11 23:45:30

Why is there still a feeling of love at the end, after releasing all feelings about the goal? What 's the difference between that and the feeling of already possessing ? Does having no feelings count as releasing all feelings? I often feel like I believe in possession, or rather, it seems like I've released all feelings. But I can't move forward. How should I guide myself?

Ask yourself if you want to feel like you already have it? Letting go isn't painful; it's simple and easy.

Pure love is your infinite
existence itself; once you
feel you possess it, you can
continue to release it.
If you're stuck here, you'll feel a sense of being trapped.
Do you feel this stuck feeling and want to change it?
Then release this very simple process that you want to
change.

Elizabeth Zhang 2021-01-11 23:48:24

What will happen if I release what's
stuck? Love? Or will I feel nothing at
all? (2021-01-11 23:48:28)

Yesterday afternoon at 2 PM, I suddenly wanted to test the manifestation of
the game, thinking I would get at least 500 yuan before 6 PM.

Money, no matter the method, and then I made myself believe it, and saw the disbelief in my mind. At 7 p.m., there was no indication that I had received any money, but I felt at ease and not frustrated. Then I picked up my phone and was surprised to see that someone had "reasonably" sent me 500 yuan, no more, no less, exactly 500. I was very surprised at the time. Can this be explained?

Wind 2021-01-11 23:48:51

It's not that I "have no feeling"
I felt absolutely nothing, that's Nirvana.
nirvana
This is an ineffable,
eternal tranquility that
releases all your feelings
toward your goal.
Until the goal is achieved

Elizabeth Zhang 2021-01-11 23:50:51

"If you don't know the date, do you have to do it every day?"
Or is achieving a goal a feeling, not the day it happens?

Wind 2021-01-11 23:52:01

When you completely release your attachment to the target, you will feel that it is already yours; in fact, at this point, the target has already become yours.

It has appeared

When you completely release it, you will feel complete possession, and your mind will no longer revolve around it; you will naturally let go of it.
It will arrive soon.

hai 2021-01-11 23:52:48

How can one release the feeling of impossibility?

Wind 2021-01-11 23:48:28

Because the tower has already been realized, it's just that the material world is showing it late. The feeling of impossibility is also a feeling.

Same process

The fastest way is to
release the three basic desires for a
beautiful life. (2021-01-11 23:54:04)

@The wind released my nearsightedness, and I felt like I couldn't feel anything anymore, but I still see objects blurry. What should I do next?

Wind 2021-01-11 23:54:23

How come I can't feel
anything at all? This is
the same question.
You can't possibly not feel anything.
Unless you are completely free,
you exist infinitely. "No feeling"
is also a kind of feeling.

Just let go of
the vague
feeling.

Beautiful Life 2021-01-11 23:56:12

This is the hardest to release.

Wind 2021-01-11 23:56:29

Relax

Treat it as a simple feeling to release.

hai 2021-01-11 23:56:47

Is it possible to release the urge to control this feeling of
impossibility? Perhaps this is a way to release it.

Wind 2021-01-11 23:57:57

You can release it like this when it's stuck.

gydx 2021-01-11 00:00:26

@Is the desire for control and validation easier to
confront than the desire for security? Yes, because they
are more superficial.

@Why is it easier to deal with
the wind on the surface?
Because you only need to allow
it to surface.

Zaiyan 2021-01-12 00:02:14

It's late, and since everyone is okay, let the teacher rest.

gydx 2021-01-12 00:02:16

So why has my life been all about wanting safety? @Wind

Wind 2021-01-12 00:02:53

Some you may not have recognized
Wanting to control means you want things
to happen the way you want them to.
Wanting validation means you want others
to approve of you.

gydx 2021-01-12 00:04:55

@wind Okay, thank you so much for your hard work in explaining. It's getting late, teacher, 早 you should get some rest .

on January 12, 2021 requires no additional steps.

Wind 2021-01-12 22:07:12

Relax

Relax, keep your
body relaxed, and
practice simply.

Yellow 2021-01-12 22:07:23

Is my obstacle not
being relaxed enough? (Wind,
2021-01-12 22:07:50)

The practice release
method requires no
additional steps or
procedures outside of the
prescribed steps.

Yellow 2021-01-12 22:08:43

I didn't mean to
exhale. [Bitter] Wind 2021-01-12
22:09:27

Habit

The way to change a habit is to notice it, then
relax and keep it simple. It took me a long time
to find that feeling of release for the first
time.

The release method is suitable for everyone.

Simply practice, and you'll get it.

It took me a long time to find that
sense of release because I had analyzed
too much.

The less you analyze, the more relaxed you are,
and the more you just use it; the faster you'll
learn. Try it!

[Chat Log]

I'll share the
simplest way to relax.

You don't need to feel
everything at once; feeling
only a part is enough to
release it.

January 13, 2020: The release method is suitable for
everyone. Simply practice, and you'll get it.

Wind 2020-01-13 08:58

It took me a long time to find that
feeling of release for the first time.
Release techniques are suitable for

everyone.

Simply practice, and you'll get it.

It took me a long time to find that sense of release because I had analyzed too much.

The less you analyze, the more relaxed you are, and the more you just use it; the faster you'll learn. Try it!

Wind 2020-01-13 09:04

WHAT [AMI and Kaze's chat history]

【

WHAT AMI: Those people in the videos, just as you said, when they first learn to release their desires, it all disappears as soon as they become aware of it. Feng: When you first start learning to release desires, you can start by tracing back to your emotions.

Wind: This is also part of the course design...

】

Wind 2020-01-13 09:04

I'll share the
simplest way to relax.
You don't need to feel
everything at once; feeling
only a part is enough to
release it.

2021-01-17 Wind and Nature — When you are at your
peak , it means you still have corresponding negative
emotions deep inside.

Tiancheng 2021-01-17 09:09:30

Clearing away the agflap means clearing away
the karma of the material world, right? And
what about the remaining cap, which
represents the karma of the astral body and
the causal body?

Wind 2021-01-17 09:10:16

Not at all

Tiancheng 2021-01-17 09:10:31

What was it

like? (Wind, 2021-01-17
09:10:34)

cap is the
natural karma of pleasurable
experience 2021-01-17
09:11:07

Where should we go to cleanse ourselves of the karma of the material world?



Tiancheng 2021-01-17 09:11:27

Could you please answer this question?

Wind 2021-01-17 09:12:01

The problem is that Lester Levenson (The Sedona Method) often says to release agflap, but doesn't say to release cap.

Tiancheng 2021-01-17 09:12:29

Why would
someone say that ? (Wind,
2021-01-17 09:12:29)

Because cap represents
so-called positive
emotions such as
fearlessness,
acceptance, and
calmness.

cap will eat agflap

In fearlessness, you will naturally
tend to take good actions; in
acceptance, you will embrace the
original harmony and perfection.

Tiancheng 2021-01-17 09:13:48

What is mastering your mind? It's simply removing your agflap. Then you truly control your mind; you can act out any feeling, and any action you choose is taken without any hesitation.

Wind 2021-01-17 09:14:33

However, when you reach the cap , you won't remove all the agflap.

Tiancheng 2021-01-17 09:14:34

Here Lester says that by eliminating agflap, one can dominate the mind. At that point, is the mind still intact?

Wind 2021-01-17 09:14:57

You must release the desire for control and identification in order to remove all agflap.

Release the fear of death

This is similar to what many
people have asked: why did Cap release

Tiancheng on 2021-01-17 at 09:15:51?

Only by releasing the fear of death
can one cleanse the entire mind. (2021-01-17
09:16:12)

Because it's not the top, and
"cap" is relative , don't
misunderstand that.

Tiancheng 2021-01-17 09:16:48

Is it true that only by releasing the fear of death can one cleanse the entire mind? (Wind, 2021-01-17 09:16:51)

It doesn't mean that you remove agflap , reach a certain stage, and then remove cap.

Even if you reach the cap, you won't completely eliminate agflap until you release the three major desires.

Because cap is what is called a good feeling.

Good feelings correspond to bad feelings.

When you try to control a good feeling, you develop fear—the fear of losing it. When you want more, you develop craving—the desire to acquire more good feelings. If it doesn't reach the top, agflap will continue to evolve.

Unless you reach the Samadhi of "Nabhikpa" and make infinite existence your eternal identity , you will no longer develop agflap.

Tiancheng 2021-01-17 09:19:41

Can one reach the "Nabhikpa" samadhi by releasing enough desire for control and identification?

Wind 2021-01-17 09:19:51

It also requires releasing the fear of death.

Tiancheng 2021-01-17 09:20:16

To reach the "Nebikapa" samadhi, one must release and touch upon a deeper level of separation.

Wind 2021-01-17 09:20:16

Release the sense of separation between you and this body.

At the moment you release, you will

attain Samadhi because you have

accepted infinite existence.

Tiancheng 2021-01-17 09:26:13

Is this statement

correct? (Posted by Feng on

2021-01-17 09:27:15)

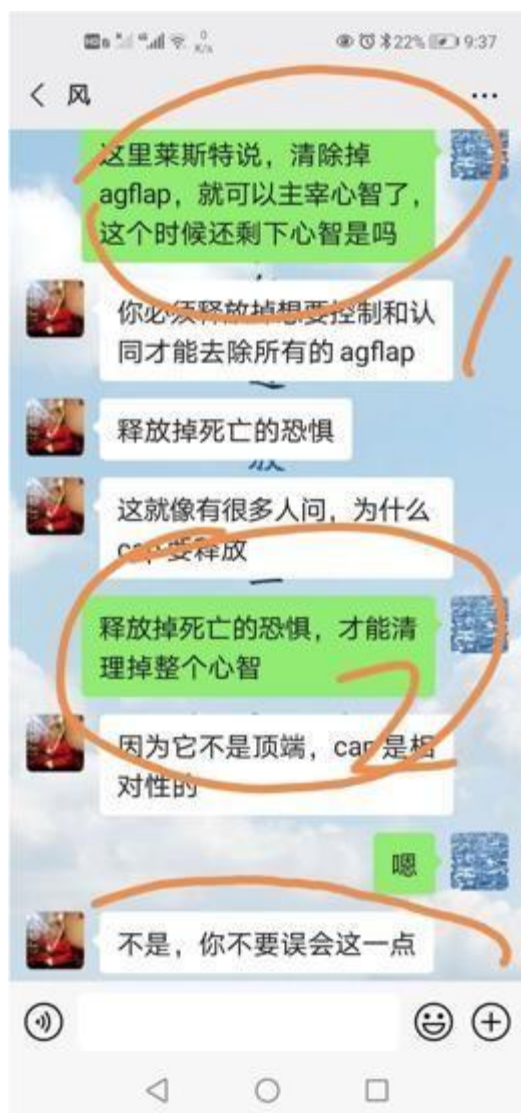
Being at the cap only means that your current emotional state has reached its peak.

You could say that once

you've cleared out a certain amount of

junk data, it's considered clear.

(2021-01-17 09:37:43)



Tiancheng 2021-01-17 09:37:59

Is your answer here 1 or 2?

Wind 2021-01-17 09:38:35

It's a question from a higher level.

Because you misunderstood Lester Levenson (The Sedona Method) 's words

You divided it into two stages, "dominating the mind" and "purifying the mind," but that's not what Lester meant.

Tiancheng 2021-01-17 09:39:54

What does Lester
Levenson (The Sedona Method
) mean ? (2021-01-17
09:40:11)

It's not that complicated.

Release the three major desires and clear away all agflap.
That way you'll be free. Freedom
allows you to control your mind,
eliminate all agflaps , and achieve
a state of perfect tranquility.
Caps alone are not enough.

When you're at your peak , it means you still have
corresponding negative emotions deep inside.
However, in your peak state, you're more capable of
digging deeper (digging). (Down) to release those
very deep feelings

Released while playing mahjong on February 3, 2021

Wind 2021-02-03 11:55:31

Try to relax and see.

Bethlehem Star 2021-02-03

11:55:43

OK

Wind 2021-02-03 11:56:01

There's no need to make it obvious before releasing it.

If you find the act of releasing extremely
painful, then of course you won't want to release. (Bethlehem
Star 2021-02-03 11:57:02)

Too

Wind 2021-02-03 11:57:03

Approach it with a
slightly exploratory and
relaxed mindset, see what
happens after you ask the
question, don't be so
distressed [laughs]
Releasing is not doing homework

Bethlehem Star 2021-02-03 11:57:42

You really know me.

[Laughing][Laughing]

Okay, I'll try to
lighten things up. (2021-02-03
11:58:48)

For example, a group of people sitting at a table playing mahjong
You pick up a card with one hand and casually say, "Oh, I
see. How about a Cadillac?" Hmm, that seems a bit
impossible.
Do they want control
or approval? It seems
they want approval.
Can we let it

go? It seems so.
again —it seems much
easier now, has my
Cadillac arrived?
Damn, we're not there yet!
Is this a desire for
control and validation?
Just let it all out like
this [crying emoji]
You can get a Cadillac while playing

mahjong. (Bethlehem Star, 2021-02-03 12:01:40)

I relearned

Wind 2021-02-03 12:01:44

After you finished playing
mahjong and felt relieved
enough, you went outside and
saw a Cadillac parked at the
door.

Before completely releasing one's mind on February 3,
2021 , there will be a preview of infinite existence.

Wind 2021-02-03 17:47:20

Before you completely release your mind, you will have a preview of
infinite existence.

In other words, although you haven't completely released the entire
mental process, there will be moments when the mind retreats to the
background. At these times, your mind is completely still, temporarily.
So at this moment you can experience the
infinite existence, have a preview of it, which
can greatly increase your yearning for freedom.

Because you'll find that whatever you gain in this world can't
compare to even a fraction of that happiness. Every moment in
this world feels like torture compared to that state.
Your release after this will be different.

I'm referring to the "Nebikapa" Samadhi.

If you reach the "Sabikkapa" Samadhi, the experience is actually the
same as the "Nebikapa" Samadhi.

of

They all came into contact
with infinite existence,
but the seed still works.

Even though you know that state exists, the world still holds an
allure for you.

But the moment you reach the "Nabhikāva" samadhi, those seeds
suddenly lose their power and then begin to release, becoming
very different.

Every decision you make
naturally leads to
liberation and you just
can't stop.

Moreover, they will
frequently enter
Samadhi and
frequently come into
contact with
infinity.
Each time will take away a lot of your desires

Xiaoli 2021-02-23 17:48:12

Tearing away the veil of the Maya is to gain insight into the mysteries of creation. Those yogis who reveal the universe in this way are the true and only monotheists. Everyone else is merely idol worshipper. As long as man remains in the illusion of surrendering to the duality of nature, the two-faced Maya remains his goddess; he cannot know the true, one God. This illusion of the world, the Maya, is also called "avidya" (meaning "non-knowledgeable"), ignorance, delusion. The Maya, or avidya, cannot be destroyed by rational belief or analysis; it can only be achieved through the inner state of "Nabikkapa Samadhi." The prophets of the Old Testament, and all prophets in all places and ages, prophesied in this state.

Wind 2021-02-23 17:48:50

Belief implantation is completely ineffective.

February 4, 2021 Step Six is not just about pleasure; what I want to express is that it also involves a more relaxed and unrestricted experience.

Listening to the Cicadas in the Evening Breeze 2020-12-04 13:30:46

I realized I was stuck on the proper physical sensation of releasing energy. Teacher Feng said that the correct way to release energy is to feel the energy dissipate or leave Annie's chest, but I stubbornly wanted that feeling of release.

Xiaoli 2020-12-04 13:34:39

Oh, the correct release. Verify it using step six. Step six involves more than just pleasure . Don't focus on the dissipation and departure of energy; this physical sensation is the key to verifying the release using step six.

Lightly Dancing Wind 2020-12-04 15:06:36

@-Is it necessary to emphasize pleasure after release? Xiaoli
2020-12-04 15:48:58

You need to clearly verify up to step six, and you'll find that releasing is very simple; otherwise, your mind will think that what you're releasing is correct.

That's when you've truly learned to let go.

If step six is not verified, then step three out of the six steps is actually not enabled.

ZOEY 2020-12-04 16:44:52

The more you practice this technique, the more you will gain. You won't always feel release immediately. Sometimes you might be practicing the technique, knowing something is happening, but you're not sure what it is. In fact, about a year ago, a student who attended the course practiced for a long time, but the last thing she shared at the end of the course was: "I still haven't successfully released even once. However, I hadn't slept well for twenty years, but after the first day of the course, I slept well." Then she gradually gained other benefits and received all the benefits of the course. So if you're unsure whether you're releasing, just keep practicing. Because you might not be aware of every release, but as long as you continue practicing the technique, it will become easier and

easier until you are certain you are releasing.

So if you're unsure whether you're releasing, just keep doing it. You might not be aware of each release, but as you continue practicing this technique, it will become easier and easier until you're sure you're releasing.

--For friends who have questions

Lightly Dancing Wind 2020-12-04 16:48:45

I'm wondering about the sense of pleasure each time, as mentioned in the group chat, so I'm wondering if the progress is too slow, or if there's a lack of release.

Not very thorough

Xiaoli 2020-12-04 17:11:03

The sixth step is not just about pleasure. What I want to express is that it also involves greater ease and freedom from limitations. I stumbled on the feeling of pleasure before, only feeling peace and greater ease and freedom from limitations. Later I realized that this was also the sixth step, but at that time I only remembered pleasure.

Step 6: Each time you release, you feel more joyful, relaxed, and free from limitations. With each release, you will feel increasingly joyful, relaxed, and free from limitations.

February 22, 2021 : Let go of the present moment; no coercion is needed.

Wind 2021-02-22 14:00:23

During the release process, your mind is hindering you. Its content, your preconceived notions, even your thought about how long it will take to release—this very thought is hindering you. Just focus on this one release; don't presuppose that you can release everything in one go, or how many times you need to release everything. Just release, and see what happens. Don't rush; enjoy each release. Keep using the release process. What you find difficult to release is your mind telling you it's difficult. Ignore your mind, just use the process. What you find simple, insignificant, and therefore ignore is your mind telling you it's insignificant—ignore that too, just use the process. Sometimes you see a feeling, and you feel it's not the main one. You desperately want to release the main one, want it to end quickly. You suppress the feeling that's surfacing, but that's very important. Your mind's judgment that this isn't important and that is more important is unfounded. What's surfacing is what's important. If you suppress it, you're living in your mind. You're using your mind to presuppose what you need to release, including how many times and how long. When you truly release, you don't need to do this; reserve the possibility of releasing everything in one go.

Question asked on 2021-02-22 14:05:17

What about the physical sensations? Will they disappear later? Will they get better when I reach the cap stage? Am I going to be unfree forever? (Feng, 2021-02-22 14:05:41)

How do you feel about your body? Do you want to control it? Do you want to change

it? Just release it. If your body is bothering you, release that bothering feeling. Use release to solve the problem.

Question asked on 2021-02-22 14:06:12

I do want them to leave; I want change. (Wind, 2021-02-22 14:06:24)

A few releases can completely break a long-standing habit. Can you imagine? But often, it's like that—it happens within minutes, not a prolonged stalemate.

Question asked on 2021-02-22 14:06:47

I intended it to be a long time, not just a few minutes. Another group member said this on 2021-02-22 at 14:06:57.

I can now imagine that, as long as the release is performed according to the procedure and the method is correct, even a single release can be very powerful.

Even more so in a few minutes.

Wind 2021-02-22 14:07:21

You see, it's only a few minutes in the 1992 video.

Q: Sometimes I feel that a few minutes is too long, and I want to finish it all at once. (Feng, 2021-02-22 14:07:30)

If it takes too long, it's because you're anxious and suppressing your feelings, not releasing them. You're trying to prevent them from surfacing.

Question asked on 2021-02-22 14:07:45

How should I process this feeling of oppression? Should I start with relaxation? (Feng, 2021-02-22 14:08:27)

Relax, then pay attention to the most superficial feeling. Ask it directly what it is. Don't wait, dig, or search for a particular feeling. If you can't identify it, it's because you're trying to control it. Don't try to pinpoint it precisely. Just answer intuitively, feel it. Don't try to maintain the habit of releasing. Just consciously release in this moment, don't try to maintain it continuously. Consciously release once, then consciously release again—that's continuity. It's not about mentally emphasizing a continuous concept. Those intensive courses that constantly preach continuous release and hype are just superficial release, mentally holding onto the concept of continuity. This mental imagery isn't true continuity; it's just an attempt to control. You can't be forced into freedom; freedom is the choice of free will, not the urging or coercion of the environment. Because your environment is created by your mind. Release in this moment, without any coercion, and then continuously choose to release—that's the decision.

Shouting slogans is useless; remaining in the mind and chanting slogans with a group of people is even more useless. Collective unconsciousness is like the unconscious action of an ant colony. Independence is not about behaving differently, but about recognizing one's full responsibility. Recognizing that only oneself can decide between freedom and unfreedom. The mind is familiar, so you remain in the mind. Don't turn continuous release into a mental activity. Because the mind is familiar, it's easy to turn release into a mental activity as well. Every release brings something new, broadening your mind. Don't approach it with a habitual attitude. Treat each release as the first time, and see what happens. For each feeling, simply treat it as a feeling, face it, don't overthink it. If external confirmation finds no change, then you immediately have the feeling to release.

February 28, 2020: Seeing good methods and immediately thinking about teaching, sharing, and developing courses is all futile.

Minnie 2020-02-28 12:28:38

Didn't you
disband the
group? Why are
you creating a
new one?

Wind 2020-02-28 12:42:26

useless work
Those who see good methods and immediately think of
teaching, sharing, and developing courses are wasting
their time. They're too eager to talk about freedom,
awakening, and masters, rather than about letting go.
Yesterday he begged for my help, which really
meant he wanted me to give him something to escape
from, but I didn't respond.
He then
started
creating
mischievous
content in the
group chat but
didn't
continue
releasing
anything.

Wind 2020-02-28 12:48:59

[Chat Log Between Wind and Nature]

【

Tiancheng: Teacher Feng, I know you're
omnipresent now. Tiancheng: I hope you
can help me.

Tiancheng: I hope to get your help.

Tiancheng: Teacher Feng, I need your help.

】

Four consecutive

In a state of
grief I am Infinite
2020-02-28 12:50:05

@Wind, will there be many organizations promoting
the original release method in the future? Wind 2020-02-28
12:50:21

There will be some, but they'll be wasted effort.
Teaching this, if done incorrectly,
carries the risk of incurring negative
karma. So many people are willing to do
things that put them on the edge of a
"lake of fire."

March 11, 2021: Venerable Kriananda, are you free?

Tiancheng 2021-03-11 00:12:56
Venerable Kriananda, are
you free? (Posted by Wind, 2021-03-11
00:13:28)

No

Tiancheng 2021-03-11 00:13:40
Has the preflow been reached?
"Nybikapa" Samadhi?

Wind 2021-03-11 00:13:49

No

Like Stephen ,
naturally gifted 2021-03-11
00:14:03

Why?

(Wind , 2021-03-11)

00:14:12

That's hard to say.

I also want to know why

I suspect Lester Levenson (The Sedona Method) and Yogananda also
want to know ... (2021-03-11 00:14:29)

Why is it so difficult
to be around a master ? (2021-03-11
00:14:51)

It's difficult to break free from the
influence of a master, because the dependence on them for
development is very strong . (2021-03-11 00:14:58)

This is why masters choose
to leave while keeping
their disciples behind.

Tiancheng 2021-03-11 00:15:17

Lester said in the video, "kill" your master
Is it because

of worship? (Wind,
2021-03-11 00:16:21)

I have given my strength to the Guru.
It's not wrong to think that
the guru is an infinite being,
but infinite existence is
always within.

Tiancheng 2021-03-11 00:17:14

Um

2021-03-11 "Wind" is already a Jivan Mukhtar

Tiancheng 2021-03-11 11:47:46

Teacher Feng

He said you've entered
Samadhi, can you tell

me what happened?

Wind 2021-03-11 11:49:20

He was just saying that I
had already entered the ultimate state of
freedom. (2021-03-11 11:49:50)

So, you're now a Jivanmukhta? (Wind,
2021-03-11 11:49:59)

Um

Tiancheng 2021-03-11 11:50:04

(0o)

Wow, I

bow to

the

Master

Wind 2021-03-11 11:50:17

come on

Tiancheng 2021-03-11 11:50:23

So, you cancelled that
agreement? (Feng, 2021-03-11 11:50:42)

Just treat me as a
friend. I've
cancelled the
agreement.

However, I won't teach for long.

Because there's nothing to
teach. (Tiancheng, 2021-03-11 11:51:15)

Thank you, teacher.

You are indeed my teacher.

2021-03-11 Wind and Nature — The reason you don't
release your feelings is that you're afraid of losing
them, you're afraid of dying, but in reality you
won't.

Tiancheng 2021-03-11 12:59:06

Teacher Feng

I see you confirmed the six
steps on October 18th. When
exactly did you achieve the
pre-flow? Before the 18th ?

Wind 2021-03-11 13:00:11

I won't say on what day I achieved pre-flow or
what day I was completely free from
preventative withdrawal.

Tiancheng 2021-03-11 13:01:19

Did you reach your destination
in the Himalayas? (Posted by Feng,
2021-03-11 13:01:32)

I'm Tiancheng, who went to
the Himalayas after gaining freedom.
(2021-03-11 13:01:56)

In Wuhan?
(Posted on March 11,
2021) 13:02:07

I won't say that my

focus on where I am free
is wrong.

Let me emphasize
one key point:
Don't be afraid
of freedom.

Lester often told his students, "Don't
be afraid of freedom ." Why?

Almost everyone who uses the release method but
doesn't push it to the extreme fears freedom, from
Lester's time to the present.

The reason you don't release it is because you're afraid of
losing your feelings, you're afraid of dying, but in reality,
you won't, Lester repeatedly emphasizes.

You won't lose anything, you'll only lose your pain.

2021-03-11 When you avoid looking inward, you'll resort to pranks.

Wind 2020-03-11 13:07:00

You go and do those things, you seek help from "masters" outside.
You should know that what you've been doing, while
seemingly related to freedom, is actually just
procrastination, including compiling information about
me.

Tiancheng 2020-03-11 13:07:57

That's right.

Wind 2020-03-11 13:08:00

Including sharing
When you avoid looking
inward, you'll go to
extremes and do
everything—except release.

Your mind will tell you what is good for
freedom, or what is good for the world. (2020-03-11
13:09:17)

But that's just to stop
you from releasing. (Tiancheng,
2020-03-11 13:09:30)

Yes, the wind
has stopped. (2020-03-11
13:09:35)

As long as you stop releasing, whatever
you do will be in the opposite direction.
I keep emphasizing this point.
Talking about freedom
won't make you naturally free.
(2020-03-11 13:09:55)

I struggled a lot while organizing the content of
Master Yogananda and yours. (2020-03-11 13:09:56)

Only through
sustained release can
true success be achieved.
(2020-03-11 13:10:07)

Um

What does
"playing around" mean?

(Feng, 2020-03-11 13:10:32)

A popular
term is "to
stir up
trouble".

Tiancheng 2020-03-11 13:10:56

Yes,
that's
what I'm
doing—run
ning away.

Wind 2020-03-11 13:11:39

I can remind you now
But ultimately, do you
have to remind yourself
of the six steps?

Tiancheng 2020-03-11 13:12:10

Um

Tiancheng 2020-03-11 13:13:50

I want to ask
Did Lester
Levenson (The
Sedona Method)
mention that he
knew I was joking
around?

Wind 2020-03-11 13:14:37

Do you want Lester
Levenson (The Sedona Method) to
talk about you? (Tiancheng,
2020-03-11 13:14:46)

some

I hope the master
can follow me . (2020-03-11
13:15:06)

In fact, when you seek help from others, you should
know that you are in a state of distress. (2020-03-11 13:15:24)

You are a
master in yourself .
(2020-03-11 13:15:35)

Um

Tiancheng 2021-03-11 13:15:48

Has anyone else secured a
pre-contract deal? (Tiancheng, 2021-03-11
13:15:56)

Roller do it?
(Wind, 2021-03-11 13:15:59)

No

He stopped.

Tiancheng 2021-03-11 13:16:14

Did he achieve his
goal? (Feng, 2021-03-11
13:16:17)

No

He misunderstood himself and lied to others about
his freedom, which obscured his awareness.

He will likely never achieve freedom in his life.

Wind 2021-03-11 13:16:54

This causes it to obscure awareness.
He will likely never achieve freedom in his life.

Tiancheng 2021-03-11 13:17:10

Has he reached a
high place? (Wind, 2021-03-11
13:17:17)

It wasn't too high either.
Did not achieve the accomplishments of the previous life

2021-03-11 Wind and Nature — Even if you don't release that tendency, you will still share it.

Tiancheng 2021-3-11 13:28:01

Teacher Feng, I'm not going to share anymore. I just disbanded that new group. I'm going to

actually do it. (Wind,

2021-03-11 13:29:49)

I will not instruct you on your actions because actions are simply actions.

If you don't release that tendency, you'll still share it again. [laughs]

Wind 2021-3-11 13:31:09

Roller went to stay up all night forcing himself, leaving groups, and chanting slogans, but that was useless because it was an attempt to eliminate karma through action.

This merely creates new karma; only releasing it is truly beneficial.

If you don't release it, your program will keep driving you to do those things.

Therefore, don't think that any action you take will bring you freedom. Deliberate action, deliberate inaction.

None of those are

things to pay attention to.

(Tiancheng, 2021-03-11

13:33:10)

Um

2021-03-11 Fake gurus profit by disguising themselves and need to conceal their true awareness.

Tiancheng 2021-03-11 15:05:05

Teacher Feng, what
does this mean? (Feng, 2021-03-11
15:05:36)

According to the order of karmic retribution, there is one called
garukakamma.

That is, heavy industry

This is a very strong karma that will inevitably lead to rebirth in
the next life. No other karma can stop it; it will terminate the
effect of wholesome karma, including the wholesome karma of jhana.

Tiancheng 2021-03-11 15:06:53

Roller cause these serious consequences
because of his actions? (Wind, 2021-03-11 15:08:06)

First, you need to
come up with an idea. (Tiancheng,
2021-03-11 15:08:10)

Can the release method
release this karma? (Feng, 2021-03-11
15:08:12)

A corresponding emotion
needs to be generated.
Everyone originally had a
clear consciousness.
This clear awareness is inherent in everyone.
If you want to cover this up, you need to generate a strong sense of
indifference.
This intense indifference overshadows one's
clear inner consciousness or intuition,
allowing one to refrain from experiencing that
pain when committing grand falsehoods.
And the more you do this in action, the

more you need to strengthen this coverage. (2021-03-11
15:10:13)

It means reincarnation.
The release method can release anything.
However, there are some
conditions for using the
release method; for example,
a person in a vegetative
state cannot consciously
release the virus.
Extreme concealment is like cutting off
your own hand without feeling the pain;
only heavy karma can cause this result.

Wind 2021-03-11 15:12:16

This is why, when King Ajatasatru listened to the Buddha's discourse
on the *Shramana Sutra*, although he possessed all the conditions for attaining
the first stage of enlightenment (Sotapanna), he could not attain the fruit of
Sotapanna, because he had previously killed his father, King Bimbisara.

Tiancheng 2021-03-11 15:12:30

So, lying about being awakened is a very
heavy burden of karma? (Feng, 2021-03-11 15:12:52)

He can still manage some superficial release, but once he tries to
release more deeply, that barrier creates an insurmountable barrier.

Resistance

Yes,
that's
a
serious
lie,

and
it's
not
easy to
commit
such a
grave

offense
with
wrong
views.
What types of industries are specifically
referred to as "heavy industry"?

Wind 2021-3-11 15:16:02

I generally don't recommend people
pay for instruction in release
techniques because it's risky.

Tiancheng 2021-3-11 15:16:24

Is this also
considered a serious business?
(Posted by Feng on 2021-03-11
15:16:30)

This is not a serious matter.
However, it carries certain risks.

Wind 2021-03-11 15:16:53

The wholesome karma within
the heavy karma refers to
the unwholesome karma
within the heavy karma of
meditation, specifically
the five types.
Parricide, matricide, schism within
the Sangha, causing the Buddha to
bleed, killing an Arhat, plus one more
thing: unalterable heresy.
Wrong views are incorrect opinions, and everyone has them.

Wind 2021-03-11 15:18:15

However, when it is driven by slow growth, it may develop into something inherently malicious. (2021-3-11 15:18:23)

What are the risks?

Wind 2021-03-11 15:19:05

Fake gurus profit by pretending.

This requires an

unchangeable wrong view to

support it, which in turn

requires obscuring one's

own awareness.

Otherwise it would be very painful and impossible to complete the action.

Tiancheng 2021-03-11 15:28:03

Were so many of the Buddha's scriptures, such as the Lotus Sutra, spoken by the Buddha? (Feng, 2021-03-11 15:28:12)

no

Tiancheng 2021-03-11 15:28:27

The

Surangama Sutra?

(Posted by Feng on

2021-03-11) 15:28:33

Its assembly

process was very long .

(2021-03-11 15:28:36)

Diamond

Sutra?

My God!

Wind 2021-03-11 15:28:42

Only the Agamas are original.

However, the Agamas were also modified by various schools of Buddhism. (Tiancheng, 2021-03-11 15:28:56)

Are only the Agamas

spoken by the Buddha? (Feng,

2021-03-11 15:29:16)

With the additions and

rearrangements of the

commentators, I feel
as if I have returned
to the time of the
Buddha.

Witnessing the
magnificent scene of the Buddha
preaching (2021-03-11 15:30:38)

Was it watched with Master Babaji in
the Himalayas? (Feng, 2021-03-11 15:30:44)

no

Before that

I took a long journey through time and space.

Tiancheng 2021-03-11 15:32:39

I know that I need to follow the six steps.

But I found that my actual
situation didn't allow me to do what
Feng did. (2021-03-11 15:32:57)

Nothing is
impossible when
implementing the
six steps; it's
simple, but
maintaining limits
is difficult.
See the feeling, let it go.
This is what it feels
like to clear away all
the feelings that drive
your thinking.

Wind 2021-03-11 15:35:33

May I ask you why you
cancelled the agreement? No
reason.

Wind 2021-03-11 15:36:05

After you are free, you no longer
need to live for cause and effect.
After you are free, life has just
begun.

Wind 2021-03-11 15:36:33

Is the causal relationship
mentioned here the same as that agreement?

(Feng, 2021-03-11 15:36:39)

Before this, you lived mechanically within purpose and
obstacles; after becoming free within cause and effect,
everything becomes a decision made in the present moment.
Instead of relying

on past customs, 2021-03-11

15:37:10

Is that agreement just
a past practice? (Feng, 2021-03-11
15:37:19)

What I mean is,
there's no reason why ...
(2021-03-11 15:37:35)

Um

Wind 2021-03-11 15:37:38

A person who is completely

liberated acts without any
reason.

Wind 2021-03-11 15:37:56

Only work?

Wind 2021-03-11 15:37:57

But it is the only action
that can best help everyone,
that's all.

No motive is needed, therefore no
causal relationship is needed in the causal realm .
(2021-03-11 15:38:40)

Um

Tiancheng 2021-03-11 15:49:39

You said that you could reach the sustained
release of "Nabhikpa" samadhi in a week.

Wind 2021-03-11 15:49:49

enough

Tiancheng 2021-03-11 18:33:02

Can it really be done in a month
by following these six steps? (Posted by Feng,
2021-03-11 18:33:42)

Of
cour
se,
keep
goin
g!

Wind 2020-03-11 16:11:56

Before the Second Coming of Jesus, there
was an era in which false prophets
frequently appeared; this was a product of
people's collective consciousness.
After a nuclear war and before the Second
Coming of Jesus, various false masters
will appear; those who claim to be popular
teachers are all false masters.
These are all prophecies in
the Bible, representing the
predetermined future.

Wind 2020-03-11 16:35:35

Mark 13:21-23 Matthew 24:23-26 "Then if anyone says to you , 'Here is the Christ,'
or 'There the Christ,' do not believe them. For false Christs and false prophets
will appear and perform great signs and wonders, which would deceive even the
elect, if it were possible . See, I have told you beforehand. If anyone says to
you, 'Here the Christ is in the wilderness,' do not go out, or 'Here the Christ is
in the inner rooms,' do not believe them!"

2021-03-11 Wind and Nature — Hiccups are just a
sensation; they are the result.

Tiancheng 2021-03-11 23:07:52

I just realized I've made
some progress. (Tiancheng, 2021-03-11
23:08:19)

This time I didn't pay

much attention to my
body's reactions; I only
used step six to verify.

Wind 2021-03-11 23:08:40

Okay, that
works. (Tiancheng,
2021-03-11 23:08:46)

No matter how loud the
hiccups are, I don't care.
Are hiccups actually a way
of releasing karma?

Wind 2021-03-11 23:09:47

It's just a
physical
sensation;
it's the
result.

Tiancheng 2021-03-11 23:10:13

Is physical
sensation
unrelated to
release? Is it
not expression?

Wind 2021-03-11 23:10:34

Physical
sensations and release are
unrelated . (2021-03-11
23:10:41)

It was
merely a natural outcome.

(2021-03-11 23:10:51)

Because I don't
usually hiccup,
but I start
hiccuping
noticeably as soon
as I release
something.

Wind 2021-03-11 23:11:15

It's just the result.
You created that image
in your mind, and then
it happened.
It has nothing

to do with the release
itself. (Tiancheng,
2021-03-11 23:11:47)

good

2021-03-11 Wind and Sky — Will I lose my family after
gaining freedom?

Tiancheng 2021-03-11 23:18:18

Do you still keep in
touch with your family? (Posted by
Feng on 2021-03-11 23:18:31)

No

Tiancheng 2021-03-11 23:18:48

Could you tell me how you
handled this situation? (Wind, 2021-03-11
23:18:57)

No processing required

Tiancheng 2021-03-11 23:19:10

I'm a little afraid that I'll lose my
family after I'm free, that's why I asked you this
question . (2021-03-11 23:19:18)

Actually, no.

Tiancheng 2021-03-11 23:19:50

The masters of today,

after gaining their freedom, have all
gone into seclusion. (2021-03-11
23:20:06)

There's a kind of
seclusion called "homey living"
(2021-03-11 23:20:11)

Living an
ordinary life. (Tiancheng,
2021-03-11 23:20:27)

Um

Freedom does not mean losing anything
All I lost after gaining freedom was my pain.

Tiancheng 2021-03-11 23:23:57

Are the many worlds described by the Buddha, such
as Amitabha Buddha's world, the realm of stars? Or
the realm of cause and effect?

Wind 2021-03-11 23:24:11

The Buddha did not speak of the Amitabha Sutra.

Tiancheng 2021-03-11 23:24:16

ah

Wind 2021-03-11 23:24:27

That was a later

Mahayana Buddhist scripture,
created naturally. (2021-03-11
23:24:31)

So, Amitabha Buddha
doesn't exist? (Feng, 2021-03-11
23:24:38)

Classics after the factional split

It is already very far from the time of the Buddha.

The Buddha spoke of the Four
Noble Truths and the Eightfold
Path solely in relation to the
Twelve Links of Dependent
Origination and the Seven
Factors of Enlightenment.

They only discuss the path
to the cessation of
suffering and the method for
achieving freedom, without
discussing other knowledge.

Including philosophy

and the myriad worlds, etc.,
naturally formed. 2021-03-11
23:26:04

Um, teacher, was that
Vimalakirti a master? The one
in the Vimalakirti Sutra?

Tiancheng 2021-03-11 23:59:18

Can you know my every thought
right now? (Wind, 2021-03-11 23:59:50)

I can know everyone's
thoughts. (2021-03-12 00:00:10)

However, I put in a lot of
effort to calm myself down. (2021-03-12
00:00:21)

To conduct effective communication

on March 12, 2021 , release the card you want to control;
don't try to resolve the card issue.

Tiancheng 2021-03-12 18:51:37

Today I actually tried
many times, and it kept
freezing.

I'll encourage myself to
do it again. Do it again.

Try it again.

Wind 2021-03-12 18:52:45

If you're stuck,
release the card you
want to control;
don't try to solve
the problem.

Tiancheng 2021-03-12 18:53:17

There is still no sense of clarity.

Release the card you want

to solve and control the wind

2021-03-12 18:53:36

Release your desire for clearer control

Tiancheng 2021-03-12 18:53:56

Only then did we realize that this was a more superficial attempt to control.

If you try to control your sense of clarity, you will continue to lack it. (2021-03-12 18:54:06)

That's simple, isn't it?

Release what you desire to control, and you will gain control .
(2021-03-12 18:54:48)

I'll try again.

2021-03-13 Wind and Nature — About Lester Levenson (The Sedona Method)

Tiancheng 2021-03-13 00:49:34

Teacher, was the Buddha already free before he came? (2021-03-13 00:50:02)
Yes, it's veiled by an illusion.

Tiancheng 2021-03-13 00:50:18

You previously mentioned that he was the wind that found liberation in that lifetime. (2021-03-13 00:50:37)

He was already free before he arrived . (2021-03-13 00:51:42)

Do people who are already free still need to seek the Way after coming into the world?

Like the Buddha, kam , a Taiwanese master who uses the Buddha's method. He attained enlightenment on his own , abandoning the Pa Auk Sayadaw practice and observing the Twelve Links of Dependent Origination.

Wind 2021-03-13 00:52:08

Just showing you

At some point, the veil of illusion will automatically dissipate.

I told you in November , that Lester Levenson (The Sedona Method) and Buddha didn't have freedom before, was wrong.

Tiancheng 2021-03-13 00:53:33

Was Lester Levenson (The Sedona Method) already free before he arrived?

(Posted by Wind, 2021-03-13 00:53:43)

Lester Levenson (
The Sedona Method) Returns
More Than Once (2021-03-13
00:53:56)

Oh my
god! Wind 2021-03-13
00:54:16

He attained the state of "Nebikapa" samadhi
while I was his student. (2021-03-13 00:54:17)

Was he already Jivan
Mukhtar before he arrived?
When?

Wind 2021-03-13 00:54:52

Another point is that the Hindu traditional word Jivan Mukhtar can be used to describe the Sthāgata (Buddhist dharma) during the Song Dynasty.

The audio I translated also has a second half.

The second half is Lester saying he has a bad habit. Karma , and then the thing that comes back more than once.

I think knowing this is not beneficial to most people; in fact, it's often used as an excuse for not being able to do it.

Therefore, the latter

half of the text was not translated. (Tiancheng, 2021-03-13 00:57:06)

Was that release technique created during Lester Levenson (The Sedona Method) 's lifetime? (Wind, 2021-03-13 00:57:15)

Yes

Lester Levenson (The Sedona Method) was a Zen master in that lifetime, practicing the Linji Zen style.

In this life, he recalled the state of "Nabhikpa" samadhi through the same meditation method, namely, focusing on the problem.

Then, from Samadhi, the method of liberation was discovered, leading to the end.

Tiancheng 2021-03-13 01:00:49

Lester Levenson (The Sedona Method) 's highest attainment in his previous life was the "Nebikapa" Samadhi? He doesn't seem to mention it in his autobiography.

Wind 2021-03-13 01:01:54

[2020-11-20 [Chat log from the group chat at 19:33:06]

【

Yes

This is why you shouldn't change anything.

You cannot change a method discovered in
Samadhi with your mind. Changing the
questioning process is the work of a master.
No one who is not awakened can do this work.

】

Tiancheng 2021-03-13 01:06:06

Is achieving Samadhi through
focused concentration a form of samadhi? (

Posted by Feng, 2021-03-13 01:06:28)

For Lester Levenson (The Sedona
Method) , it was the "Nebikapa"
samadhi that could awaken him.

Of course, Lester

Levenson (The Sedona Method) City

has already reached the point where

it was established on March 13, 2021

at 1:07:33 AM.

When you attain "Nebokappa" Samadhi, do you have the ability
to discover the method? (2021-03-13 01:07:45)

He simply recalled

it .

At that time I saw all 112 methods

Tiancheng

without omissions

2021-03-13 01:08:20

Were these methods all obtained
by the master from Samadhi? (Wind, 2021-03-13
01:08:25)

Yes

No method invented
through the mind is naturally
achieved. (2021-03-13 01:08:37)

Is it possible to
increase the nickname? (Posted
by Feng on 2021-03-13 01:08:44)

It will not increase

The pathway
will not increase .
(Tiancheng, 2021-03-13
01:08:59)

Like Lester Levenson (The Sedona Method) , an additional release
method was added.

Wind 2021-03-13 01:09:03

The specific operation
method will be adjusted by
the master, and no new
Lester Levenson (The
Sedona Method) has been
added.

The release method was simply
something that hadn't been
revealed before. The reason I
mention this is to tell you that
methods similar to the release
method are not the release method
itself.

There are many methods that look similar to it.
Some might tell you that the
Four Foundations of
Mindfulness are a method of
liberation; others might say
that some ancient method is a

method of liberation; still
others might say that some
modern method is a method of
liberation.

But in fact, the release
method was being discovered for the first
time. (Tiancheng, 2021-03-13 01:12:36)

So, was the Release Law specifically
prepared for this era? (Feng, 2021-03-13 01:12:44)

Yes

Yugananda's departure after Lester's
full awakening marked the end of the
Guru 's era.

Lester can only help a small group of people; in this
era, only a very few will awaken, and those who possess
this method will have a chance.

This era will have many fake masters.

But in this era, only the method of liberation can lead to freedom.

Therefore, anyone who claims to have
achieved freedom through other means is a
fake master— I'm referring to those who
achieved freedom after 1970 .

after 1970 , aside from those who had already awakened in their
previous lives, can only achieve this through the Liberation
Method. And someone who has already awakened through other means
would recommend the Liberation Method to you.

Regardless of how he
awakened, because the master
knew everything.

Those still active and without freedom

All those who are free now
are in seclusion until the
Second Coming of Jesus;
they are all guided by an
inner plan to complete the
same task, and therefore
all are in seclusion.

Tiancheng 2021-03-13 01:33:29

Teacher Feng, why did you
talk so much tonight ? (2021-03-13
01:36:16)

Because you will all experience low points.
When experiencing a low point, it's easy to give up.
If there's something that looks tempting at that
moment, you'll be drawn to it, so I'm emphasizing
something I know.

In this era, since 1970 , over the past 120 years, only the
Liberation Law has reached its end. Abandoning the Liberation Law
is tantamount to abandoning freedom in this life.

No matter what other
spiritual methods you switch to ,
2021-03-13 01:38:20

1970 - 2090 ?

Wind 2021-03-13 01:38:30

Um

2021-03-13 Wind and Nature—The Master Has No Gender

Tiancheng 2020-03-13 09:56:37

You previously stated that there are
more female masters than male masters, is that
true? (Feng, 2020-03-13 09:57:45)

The difference isn't
significant, and the masters aren't
naturally male or female. (2020-03-13
09:59:18)

Because female masters are rarely seen, it
seems there's a misconception that women are incapable
of enlightenment . (2020-03-13 10:00:02)

Female masters are not as accepted

by society as male masters, so
they choose to live in seclusion.

Tiancheng 2020-03-13 10:00:32

Is it true that women are more
likely to achieve
enlightenment than men because
women are more emotional?

Wind 2020-03-13 10:00:52

Once gender equality is established in people's
collective consciousness, female masters will
emerge, recognizing that both men and women have
their own strengths.

Women's advantage lies initially because they operate on their senses.

Men have an advantage in their active intellectual
center, thus possessing stronger willpower to reach the finish
line . (2020-03-13 10:02:28)

Intellectual Center,
what is that? (Posted by Feng,
2020-03-13 10:02:33)

Between the eyebrows

Tiancheng 2020-03-13 10:02:41

A third

eye? (Wind ,

2020-03-13) 10:02:49

Um

Men are generally more
willing to find answers,
while women often stop at
simply finding happiness.

Tiancheng 2020-03-13 10:03:47

What advantages do women
have to reach the finish line? (Posted
by Feng, 2020-03-13 10:04:08)

However, most men don't even get started;
they're just thinking about it. Women move
faster, but they tend to get stuck in the
state of pleasure.

Overcoming this and balancing the characteristics will lead to the
destination.

Overcoming one's habitual thinking and sexual desire is
also a form of balancing act for men. Both sexes have
their advantages, but ultimately, you need to find a
balance.

Tiancheng 2020-03-13 10:07:01

30 greatest masters today are women?

Wind 2020-03-13 10:08:06

I won't say.

And it's meaningless, because if

I create a female body tomorrow,

I'll be a female master.

The body is merely an image that can be transformed.

2021-03-14 Wind and Heaven – Awakening Requires an Active Decision

Wind 2021-03-11 17:47:30

In reality, everyone has known
each other for millions of
years, and you'll become
familiar with those you've known

for only a few thousand years.

Tiancheng 2021-03-11 10:26:58

Last time you said that people would recognize each other over billions of years.

In other words, have I (and others who haven't awakened yet) already reincarnated for billions of years? (Wind, 2021-03-14 10:27:43)

certainly

Tiancheng 2021-03-14 10:28:05

Lester Levenson (The Sedona Method)
said, "To break free from millions of years of
struggle ..." (2021-03-14 10:28:08)

Although time has no
meaning Tiancheng 2021-03-14
10:28:24

Was Lester Levenson (
The Sedona Method)
deliberately
understating it?
Billions of years,
what a concept!

Wind 2021-03-14 10:29:04

Millions of years, billions of years, are all figurative.

Natural evolution takes one million years.

But natural evolution does not necessarily bring you awakening.

You can evolve to the point of accepting
cosmic consciousness and achieving harmony with nature.
(2021-03-14 10:29:53)

On one occasion, Kriananda respectfully asked the master how
long he had been a disciple. The master replied, "A very, very long time."
(2021-03-14 10:29:58)

Then I fell back into delusion.

Yogananda once traced back to when he
was still a diamond. (Tiancheng, 2021-03-14 10:30:32)

Even so, awakening
is impossible? (Wind, 2021-03-14
10:30:32)

It started with
those hazy
awarenesses... well,
that wasn't
awakening.

That's just approaching infinity.

Awakening requires an
active decision. (Tiancheng, 2021-03-14
10:31:45)

Reincarnation is terrifying.

This must be what "the sea of suffering is boundless" means.
1000000000000 years

This is 100 million years, wow, so many zeros!

When do you look~~回~~ back to your
most vulnerable moment? (Wind, 2021-03-14
10:36:38)

In fact, it is without beginning.

Time is like a dream,
without beginning or end;
waking up is waking up.

Time doesn't have a
beginning as you imagine. (Tiancheng,
2021-03-14 10:37:11)

Without
beginning or end?
(Wind, 2021-03-14
10:37:25)

Before you wake up, it is
without beginning or end;
after you wake up, it is a
dream.

or exit at any time.

Tiancheng 2021-03-14 10:37:47

So, the painful struggle has no end?

Infinite? Until Awakening Wind 2021-03-14 10:37:53

Yes

Tiancheng 2021-03-14 10:39:13

Have we forgotten that our past

lives were a blessing from God? (Wind, 2021-03-14
10:40:15)

The reason you forgot your past life is because the new physical body you
have taken over has obscured the karma stored in your astral and causal
bodies.

Karma

Wind 2021-03-14 10:40:28

The causal body is a vast storehouse of karma.

When you shed your physical body, you will recall the memories of how this astral body came to be. When you shed your astral body, you will recall all your memories.

Tiancheng 2021-03-14 10:42:12

Does this mean that when people die, they remember all their physical memories? (Feng, 2021-03-14 10:42:35)

From the moment your astral body forms a physical body, your astral body will also die.

If your astral body dies, a new astral body will be created . (2021-03-14 10:43:47)

Are astral bodies created by the karma of causal entities? (Feng, 2021-03-14 10:43:53)

Um

The astral body is projected from the causal body; the physical body is projected from the astral body.

2021-03-14 Wind and Heaven – How does karma work?

Tiancheng 2021-03-14 11:32:34

Teacher, could you explain how karma works? (2021-03-14 11:32:47)

Karma is a process
The program creates every single one of your ideas; your mind is not free.

Therefore, freedom of action is not an innate quality. (2021-03-14 11:33:52)

Teacher, please continue explaining the concept

of karma. (March 14, 2021,
11:34:00)

Karma is the
process of
actions and
reactions.

Tiancheng 2021-03-14 11:34:52

How is it used?

(Wind, 2021-03-14 11:35:10)

Program-driven
thinking
projects ideas
into the
world, and
this is how it
works.

The world is just a display screen
Whatever you do in this world is
just smashing the screen; it
won't change any of the plot
unfolding inside.

Tiancheng 2021-03-14 11:37:01

So, simply releasing the program can change the world?

Wind 2021-03-14 11:37:07

Yes

It should be said that only by releasing the program can the world be changed; otherwise, the world will behave according to the predetermined program, and you have no free will.

Unless you decide to release the procedure

So no matter what kind of antics you guys wanted to pull before, I would always say, "Go ahead and do whatever you want, it's pointless to try anything funny."

It's just driven by the program.

It's simply repeating past karma, nothing more.

Tiancheng 2021-03-14 11:39:10

Can I change my family's world through release? For example, I want to heal my mother's illness through release (even if the illness is something she herself has predisposed to).

Wind 2021-03-14 11:39:16

Can

Tiancheng 2021-03-14 11:39:31

So, does that mean I can change other people's karma by releasing it? (Wind, 2021-03-14 11:39:58)

You did not change other people's karma .
(2021-03-14 11:40:04)

Isn't this interfering with someone else's life? (Wind, 2021-03-14 11:40:08)

This is the harmonious operation of the universe.

You can't even talk about interfering with karma right now; that's a statement for free people.

Because free people can do anything and transcend all karmic constraints.

You are currently under the influence of karma.

All your desires are part of karma.

Therefore, what affects you is
all your own karma, including
your mother's illness, which is
your karma.

Tiancheng 2021-03-14 11:42:01

My karma?

(Wind, 2021-03-14
11:42:06)

You can't say you're
interfering with other
people's karma;
"interference" is a
very broad term.

Tiancheng 2021-03-14 11:42:31

This is her life, why is it my
karma? (Wind, 2021-03-14 11:42:38)

You can't interfere with
others before liberation;
there is no separation.

She is a scene
in your life. (2021-03-14
11:43:10)

She predetermined her own life, that is, her karma, before she
came, which led to her illness. Is this also my karma? (Wind, 2021-03-14
11:43:21)

She's just a scene
in your life. (2021-03-14
11:43:31)

Oh my god
Wind 2021-03-14 11:43:54

Lester Levenson
(The Sedona Method) said
a lot about returning to
Tiancheng 2021-03-14 11:43:58

So, you're saying I can control the entire
world I see by releasing it? (Wind, 2021-03-14 11:44:11)

Don't react with such
alarm as you did when you first heard
it . (2021-03-14 11:44:13)

Ha ha ha ha
This truly broadened
my understanding . (2021-03-14
11:45:16)

Q: To change my attitude, you mean that I have no basic understanding of him other
than a perfect consciousness, and I don't think of him as a restricted individual?

Lester: Yes. It's a fantastic way. It works, doesn't
it? Question: It works perfectly, yes, it works
instantly.

Lester: People actually become what we perceive them to be.

Q: So, if Lillian tells me she wants a bigger house, do I have to clear my mind of
wanting her to fulfill my desires? Because it's just my thoughts that made her
think about it, right? I don't need to think about Lillian; I only need to think
about myself, my own happiness, and then she'll be happy. That is, my own
happiness will lead to that ultimate happiness—

Lester: But you have a separation: Lil and me.

Q: I've had this question for a long time, you know, ever since I met you.

Lester: Sometimes you don't have that question, and you say, "Who is
Lillian besides my consciousness?" Q: Yes, I said that. I said that a
few minutes ago. I only need to deal with my own consciousness. Lester:
Okay. That includes Lillian, right?

Q: Yes, that's right.

Q: That includes a bigger house too. (Laughter)

Q: I have to break free from the limitations in my own consciousness. That's everything I'm dealing with, anyway. I'm not dealing with Lillian , or the house, or the land; I'm dealing with my own consciousness. The obstacle is in my own mind, or perhaps not within myself. And, as you said: if I am infinite right now, I can do it right now! I don't need to wait until I get home.

Lester Levenson (The Sedona Method) : Yes.

Q: We need to act quickly!

Q: When you get home, Lil, you have to be happy with your house as it is.

Lester: If you accept it, when you come home, the same house can become twice as big. It will be so natural that you won't even feel it. You will enter a house that is twice as big as when you left.

Tiancheng 2021-03-14 11:45:23

This means that my mother's illness, my relatives' debts, and so on are all my karma.

Wind 2021-03-14 11:45:35

Karma is your desires

Programs are feelings, driven

by desires . (2021-03-14 11:46:17)

Taking full responsibility means that you are fully responsible for the entire world you create.

Even the rising sun, the movement of dust, and the vibration of atoms are all things you created, you just aren't aware of them.

By being conscious of it, you can consciously create what you want, rather than what you don't want. (2021-03-14 12:02:55)

Teacher, can I help them heal through release? Even if they're paralyzed for several years? (Feng, 2021-03-14 12:03:04)

[Group chat history]

【

questions like "Can you do xxx?", I hope you remember a quote from Lester.

Wind: every impossible, no matter how impossible, become immediately a possible ,as you completely released o...

】

Wind 2021-03-14 12:03:17

I've actually answered

this type of question many times.

(Tiancheng, 2021-03-14 12:06:30)

Teacher, what exactly do you mean by the harmonious operation of the universe? For example, is my healing of my family through release part of the harmonious operation of the universe?

Wind 2021-03-14 12:07:01

At the same time you have an idea, she will have a corresponding idea, exactly the same.

Therefore, you don't need to use words or actions to change her mind.

You only need to deal with your own thoughts. (2021-03-14 12:07:43)

The world will change

Ultimately, all you need to do is release it. release only

Tiancheng 2021-03-14 12:08:55

good.

2021-03-14 Wind and Heaven – What's the story behind
"Wind" going into seclusion?

Tiancheng 2021-03-14 17:45:35

teacher

Lester Levenson (The Sedona Method) on the way The second point encourages everyone to take action.

But he mentioned in his autobiography that he needed to go to a secluded place to do it.

Isn't that contradictory?

Wind 2021-03-14 17:47:07

Wrong

You misread it.

isolate elsewhere.

You can only isolate yourself in one place , and that is by quieting your mind. You cannot isolate yourself by isolating yourself from external things. isolation is in other audio recordings.

Tiancheng 2021-03-14 17:50:05

Lester also mentions this in the first chapter of The Road to Ultimate Freedom: "Lock yourself in a room, and then add a..."

"Lock" and other content

Wind 2021-03-14 17:50:14

That's an explanation of omnipotence.

You only need to release it; you don't need to do anything else, and it will work.

(Tiancheng 2021-03-14 17:50:49)

Isn't this about behavioral aspects? (Wind, 2021-03-14 17:50:55)

no

In that context, a student asked him if he needed to go out and find a job, and he said no, he just needed to release [their burden].

Adding a lock will also work.

This emphasizes that you don't need to do anything, you just need to release.

Tiancheng 2021-03-14 17:51:01



'isolation' in other audio recordings," does that mean the image above?

Wind 2021-03-14 17:51:34

Yes, those are the two sentences.

The only place you can isolate yourself is mental tranquility.

Tiancheng 2021-03-14 17:52:45

Yes, but Lester did isolate himself at home when he began his exploration, and he mentioned that in his autobiography.

Wind 2021-03-14 17:54:45

If you don't believe me, just try it and you'll see. Try isolating yourself.

Let's see if

this helps. (Tiancheng,

2021-03-14 17:55:16)

The autobiography was written in 1972 .

Wind 2021-03-14 17:55:41

The group admins all tried it themselves for a few days .

(Tiancheng, 2021-03-14 17:56:01)

What happened after he went into seclusion?

(Posted by Feng, 2021-03-14

17:56:24)

The group owner, Aheng, and others

The conclusion I came to after going into seclusion was that it was completely useless.

(Tiancheng, 2021-03-14 17:56:44)

What was the story behind your seclusion? (Feng,

2021-03-14 17:56:48)

I only know how to escape, not how to release. I didn't deliberately go into seclusion.

I didn't force myself to do anything.

I want to reach the end; I just want to release myself again and again, I haven't shut myself off.

They just forgot to interact with people.

Tiancheng 2021-03-14 17:58:02

Teacher, could you share your secrets to success? (Posted by Feng, March 14, 2021, 5:58:09 PM)

Six steps

Tiancheng 2021-03-14 17:58:17

Why can you do it, while so many people can't? (2021-03-14 17:58:23)

Six steps

Because you need something else, but I only need six steps. (Tiancheng 2021-03-14 17:58:48)

Yes, so we must act accordingly. (2021-03-14 17:59:15)

The key is that you didn't do it.
Not long after, you thought of
another mental problem and began
to study it.

Just like this question

There are no contradictions in the six steps, but if you scrutinize
Lester's words and manipulate them with your own intellect, you can always find
so-called "contradictions."

It will immediately lead you in the direction of limitation.

Those mental problems, those deviations from the six
steps, will lead you astray from freedom. I have a
highly intelligent mind, but I use my intelligence
correctly.

That is, recognizing the limitations of the mind.

Wind 2021-03-14 18:02:32

Throughout the process, I
only look at the six steps;
I don't need anything
outside of those six steps.

If I had to pinpoint the secret to success, this would be it.

People who endlessly collect information will never reach the end,
especially since their intellectual minds are not yet able to
distinguish between those internal...

Allow

Tiancheng 2021-03-14 18:02:46

Teacher, what should I do to
reach the finish line? (Posted by Feng,
2021-03-14 18:02:57)

Six steps

Tiancheng 2021-03-14 18:02:59

good.

2021-03-15 Wind and Nature — As long as you want
freedom, nothing can stop you.

Tiancheng 2021-03-15 08:57:01

Okay. Jesus and Buddha are omnipotent. They also want to help us
achieve freedom. So why don't you just help us do it directly?

Wind 2021-03-15 08:57:17

I've answered this

question many times. (Huitiancheng,
2021-03-15 08:57:20)

Omnipotent is
omnipotent. (Wind, 2021-03-15
08:57:27)

They certainly can do it.

But they did not
choose to do so. (Tiancheng,
2021-03-15 08:57:46)

Why?

(Posted by Feng on
2021-03-15 08:57:55)

They do not provide forced assistance.

When you choose freedom, you are
naturally free. (Tiancheng, 2021-03-15
08:58:39)

In other words, we don't have freedom, for a very simple reason: we
don't want freedom at all? (Wind, 2021-03-15 08:58:46)

Yes

Lester Levenson
(The Sedona Method) said
a lot about returning to
Tiancheng 2021-03-15 08:58:55

That's why the master
wouldn't force us . (2021-03-15
08:59:04)

If you desire freedom, nothing can stop
you from taking the first step; you will
automatically fall into the next five
steps.

Achieving freedom can simply be will it

Then you are free.

The only reason you can't be free
is because you don't want freedom.

If you truly wanted freedom, you
would already be free.

Tiancheng 2021-03-15 09:03:46

When a person truly desires freedom, a master can use his omnipotence to
help him achieve it.

May I?

Wind 2021-03-15 09:04:13

Sure, that's easy.

If you truly want freedom, you don't
need to ask anyone for help; you'll
achieve the first step directly.

Those who directly enter
the "Nebokappa" Samadhi
seeking freedom are
already free.

The rest are people
who don't want
freedom; it's actually
very simple.

Judging whether a person wants

freedom is very simple. (Tiancheng,
2021-03-15 09:10:34)

So, there's no need to force
others to learn? (Feng, 2021-03-15
09:10:53)

Yes, there's
absolutely no need.
(Tiancheng, 2021-03-15
09:11:36)

Because when they truly desire
freedom, they can achieve it at any
time? And the master will help them,
no matter what world they are in?

Wind 2021-03-15 09:11:52

Yes
It's quite interesting that
the mind always thinks it's
doing something important.
The mind believes it is saving the world.
But in reality, everyone
exists infinitely, and no
one needs to be saved.

No one can be destroyed

Tiancheng 2021-03-15 09:15:00

“Judging whether a person wants freedom is very simple,”
teacher, what kind of judgment are you referring to? (2021-03-15 09:15:25)

If someone says they want freedom, but they don't have
it, you know it's a lie. That's what I mean by judgment.
Those who wanted freedom are already free.

Wind 2021-03-15 09:17:42

Q: Overriding the unconscious habits is hard to do because they keep sneaking up
on you and you don't realize sometimes you've got them.

Q: Breaking free from subconscious habits isn't easy because they always sneak up
on you, and sometimes you're not even aware that you're being controlled by them.

Lester: It depends on how strong your desire is for the thing that you want as to
whether the unconscious habits override it. We have infinite power infinite will,
and when man so wills he's immediately set free.

A: That depends on the strength of your desire. We have infinite power and
infinite will. When your desire is extremely strong , you can immediately find
liberation.

Q: Gee, that sounds So easy.

Q: That sounds easy.

Lester: That's the easiest way to do it. Just will it! And it's possible for
everyone of us, because we are infinite and therefore have infinite will power.
And the reason why we don't do it is that we don't have that much desire for it.
We still have more desire to be limited bodies.

A: That's the easiest way. Just desire it! It's possible for each of us because we
are infinite, and therefore possess infinite willpower. The reason we can't do it
is because our desire isn't strong enough; we crave more of a finite body.

Tiancheng 2021-03-15 09:19:39

Teacher, the ultimate method “What am I?” is almost unusable for

anyone on this planet, is it because almost no one really wants freedom?

Or is there

another reason? (Wind,

2021-03-15 09:20:46)

New Again

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Therefore, a gradual scientific approach is needed.

You can gradually confirm your gains and the source of your happiness to adjust your direction.

But if you ask "What am I?" and become interested in other things before getting an answer, you'll have to start over.

All of the above was in vain.

Some people focus solely on that one sentence and turn it into a form of meditation practice.

The release method encourages you to get everything you want

How many lifetimes will it take you to learn?

If you want to achieve freedom in this lifetime, then use the method of release.

If you don't mind achieving freedom in future lifetimes, you can do so through other correct methods . (2021-03-15 09:24:48)

Using this method, you can't stop at all until you reach the finish line? (Wind, 2021-03-15 09:24:53)

Those things also help, albeit slowly.

Well, the ultimate problem is that as soon as you become interested in something else, all your previous efforts are wasted. It's not as simple as just focusing on that one sentence.

If your interest isn't in getting the answer to this question, all your previous efforts will have been in vain.

2021-03-15 Wind and Nature — "Everything is Consciousness"

Tiancheng 2021-3-15 09:47:33

When did Judas gain his freedom? (Posted by Feng on 2021-03-15 09:47:53)

In the last century, Tiancheng 2021-3-15 09:48:55

Even if Judas committed a grave sin, could he still be absolved? (Feng, 2021-03-15 09:49:06)

He was a disciple of Sriramakrishna. No matter what mistakes he makes, he is an infinite

and provides a simple and easy-to-follow specific method that allows you to reach your destination as quickly as possible.

Other methods, because they all conflict to some extent with worldly trends and provide guidance in behavior, will therefore cost [amount missing].

being, an indestructible
being.

These things are
really simple . (2021-03-15
09:50:00)

So when he decides to be free, can he truly gain freedom? Even
if he has committed very, very serious karmic transgressions? (2021-3-15
09:50:30)

certainly
Your infinite power is
contained within it at any
time; you can use it at any
time through your will.

Tiancheng 2021-3-15 09:51:02

Even if I were a bacterium at
any time? (Wind, 2021-03-15 09:51:51)

When you're unconscious and drowsy, it might seem a little
difficult, but it's not absolutely impossible. (2021-3-15 09:52:28)

Do life forms like bacteria, or even
stones, possess will? (Wind, 2021-03-15 09:52:42)

Consciousness is
an omnipresent, innate
quality. (2021-03-15
09:53:00)

Whatever his outer garment is?

Does consciousness exist within
everything? Is everything simply everything?
(Wind, 2021-03-15 09:54:03)

Um

Everything
is a product of
consciousness.
(2021-03-15 09:54:23)

Is this remote control
also a life form? Is it
also a being in the cycle
of reincarnation?

Wind 2021-3-15 09:54:51

Life is God's creative power.
It requires a very long timescale for
subtle evolution, slowly transforming
from unconscious to conscious.

Tiancheng 2021-3-15 09:55:39

Are you referring to
this remote control? (Posted by
Feng, 2021-03-15 09:55:51)

anything

It's worth noting that
Yugananda was once a diamond in the
rough. (2021-3-15 09:56:55)

Everything is consciousness, but the remote control
and the diamond are unconscious. How so? (Posted by Feng,
2021-03-15 09:58:25)

Consciousness is everywhere, because creation itself is a dream projection of

God's consciousness. Even if a stone were to possess consciousness, it would be very vague. A few minutes ago, I was watching a slow-moving worm crawl across the bathroom floor, and I thought, " There are certainly no quick-thinking thinkers now!" But when I heard scientists claim that computers will one day be complex enough to demand "computer rights," I thought of worms and their ancestors. Even with the simple worm, there are two things computers will never have: self-awareness and feeling. Prick a worm with a needle, and it will wriggle away. As I said before, there are two things science cannot create: feeling and self-awareness. We don't gain self-awareness by comparing ourselves to others; it's an intuitive necessity, something all living beings are born with. But what a long journey the soul must undertake to make it manifest outwardly! Yogananda said he could go back to when he was a diamond!

2021-03-15 Funny things to do

Wind 2020-03-28 19:47:26

No, the master will not force anyone to be free.

And actually, Stephen did a job.

He wrote that book, claiming it was

about inner guidance, but it was

actually a work of art, somewhat similar

to Tiancheng's style.

I pay particular attention to intellectual questions, enjoy

collecting information, feel the need to organize materials on

masters, and so on. I do everything imaginable, except for

releasing my inner thoughts.

I've had many creative ideas in the past.

Of course, compared to others,

it's not much. (Yitian, 2020-03-28

19:55:00)

So you now think the Liberation Law

organization is completely unnecessary? (Feng,

2020-03-28 19:55:19)

I saw the panoramic view.

I know what will happen if I do this,

what will happen if I do that , and if

you don't release the karmic momentum,

it will drive you to do more harm than

good.

2021-03-16 As long as the release continues, there's no need to constantly focus on the target; just follow the six steps.

Tiancheng 2021-03-16 10:48:03

I just wrote down a lot of

my goals and set deadlines

for them.

In the process, is it enough for me to keep releasing energy without

constantly focusing on the target, and simply follow the six steps?

Is that also possible?

Wind 2021-03-16 10:49:00

Can

2021-03-16 Wind and Nature — When all external escape methods are defeated, you will be forced to enter your inner self.

Tiancheng 2021-03-16 22:14:12

teacher

Why did you come back to find us this time? (Wind, 2021-03-16 22:14:55)

There is no reason why

Before I leave completely, I'd like to respond to Tiancheng's post from 2021-03-16 22:15:36.

Is this really a permanent departure? (Wind, 2021-03-16 22:15:39)

Um

Tiancheng 2021-03-16 22:16:36

Will you also leave Aheng
and the group leader? I will
leave this world.

Directly

merging into infinity?

(Wind, 2021-03-16 22:17:54)

no

No longer communicating with people

What people call isolation

Tiancheng 2021-03-16 22:18:43

Is this your inner guidance?

Teacher, why can't you continue
to help us? (Posted by Feng, March 16, 2021,
10:19:06 PM)

Well, once I made up my mind,
I did it. Leaving was the best
way to help.

I can see the whole panorama.

If I stay here, no one will be
free to rely on others; such
dependence is fatal to growth.

Tiancheng 2021-03-16 22:21:55

But can you help me when I need you?

(Wind, 2021-03-16 22:22:06)

Leaving completely is a form of help.

Does an infinite being need help?

When you seek help from the outside
world, it's an opportunity to become
aware of it and release it.

Find everything you want within yourself

Absolute security can only be found in your infinite existence.

Of all the help, there is none better than
destroying all your pillars. (2021-03-16 22:25:20)

Lester told me the world would "break his pillars," so everyone would be forced
to look for answers within themselves. "That's good," he said. "Not an
explosion, but an ascension," he laughed. Currently, people constantly seek
happiness in the external world through various means of escape. He predicts that

eventually, when this external escape becomes endless, we will be forced to retreat inward. “That’s a really good thing,” he said. “Because people are forced to find the answers, to know who they really are, just like I was.” He always told me he was especially grateful to him.

heart disease.

Wind 2021-03-16 22:26:00

When all external escape methods are
broken, you will be forced to look inward,
but you can become more conscious.
Be more proactive
Don’t wait until you’re facing a gun to your head before you do it.

You all know yourselves very well.
Even if it's not that deep, you'll
know that your behavior is dependent
and you'll hold on to it.
If you rely on external factors,
you won't discover the infinite
possibilities within. These
things are all very simple.
As someone who has attained ultimate
freedom, I cannot rely on the methods of
liberation here as a means to achieve
self-reliance; there aren't that many
problems with that.
All the problems arise when you deviate from the six steps.
Therefore, you either go back to the six-step process to continue
releasing, or you move towards limitation.

Tiancheng 2021-03-16 22:32:17

Teacher, why is this
happening? (Posted by Feng,
2021-03-16 22:32:33)

Lester Levenson (The Sedona Method) has been here for decades,
repeating the same thing over and over again, in his own words, "over." and over
and over and over again"

A year before he left, he told one of his students, "I can't stay
here. If I stay, you'll only depend on me, and no one will be free."

He kept repeating the same thing.

Because they believed that Lester Levenson (The Sedona Method) was
there to guide them, they kept forgetting...

Not long after Lester Levenson (The Sedona Method) left,
Sedona The woman at the institute was then freed, and Lester and
I talked a lot about his past.

During his lifetime, no one gained true
freedom under his guidance. (2021-03-16 22:35:17)

You chatted with Lester Levenson (The Sedona Method) ?
Is this master of freedom a liberation
teacher or a student? I often chat with
Lester.

Wind 2021-03-16 22:35:51

student

The law teacher was not released and gained his freedom.

Furthermore, most of the release law instructors appointed by Lester were those he felt were less inclined towards, that is, more inclined towards the world.

Tiancheng 2021-03-16 22:36:56

How did you

chat? (Wind, 2021-03-16

22:37:16)

Free people do not need any
medium to communicate;
communication exists at every
point.

There is no separation between us.

Tiancheng 2021-03-16 22:39:41

Yesterday, a friend contacted me; he used to be my boss in Suzhou. After discussing the release method, he followed the instructions from before.

They sent me a red envelope, but I refused to accept it this time. I don't want to charge for using the "release method" (a method of offering free services to someone who provides financial support). Actually, I've been quite poor lately, but I don't want to make money this way.

Wind 2021-03-16 22:40:57

Well, using this to make money will give you the wrong feedback—using talk about release methods instead of actually releasing them.

These are things that can easily lead people astray.

Furthermore, spiritual books are also the easiest way to lead people astray.

Because when people read those books, they deceive themselves into thinking they are on the road.

When you stray, if you know you're straying, then you can turn back.

Wind 2021-03-16 22:49:51

Stuck, step
five is very
simple.

If you want to stop
feeling uncomfortable,
this is to control the
fifth step.

You didn't
follow the six
steps. First,
you tried to
release it, but
it got stuck.

You're trying to forcefully push
away the blockage instead of
releasing it. The six steps to
resolve this blockage are to use
release to resolve it.

The reason
is this: you
don't
release it.

Wind 2021-03-16 22:55:57

Actually, there's
no need to say
anything more; the
less said, the
better.

Are mental accumulation
techniques useful? (Tiancheng,
2021-03-16 22:56:26)

It's useless.

Wind 2021-03-16 22:56:31

To achieve freedom, all accumulated
knowledge must be released. (Tiancheng,
2021-03-16 22:56:36)

If this is helpful, I
should be free . (2021-03-16
22:57:10)

Even Venerable Kriya Nanda was
hindered from recalling
Yogananda's teachings word for
word. Was this helpful?
Absolutely not.

Tiancheng 2021-03-16 22:57:34

Was it because he had accumulated
too much intellectual knowledge? (Wind,
2021-03-16 22:58:04)

He wrote books and promoted his guru instead of actually doing
anything.

Tiancheng 2021-03-16 22:58:14

Where did Venerable Kriananda
actually arrive? (Posted on 2021-03-16
22:58:18)

Freedom must be achieved.
Venerable Kriya Nanda reached
the stage of meditation but
not Samadhi.

Tiancheng 2021-03-16 22:58:58

So it will still
revert? (Wind, 2021-03-16
22:59:10)

Well, if you can't do it, no
amount of talking will help. (Tiancheng,
2021-03-16 22:59:21)

Did Master Yogananda continue
to help him? (Posted by Feng on 2021-03-16
22:59:21)

Besides, you're
showing concern for
others again; the best
help is to leave.

Tiancheng 2021-03-16 22:59:38

Yes, we've gone in the wrong direction again.
Is it the best help for Yogananda to
leave Kriananda? (Wind, 2021-03-16 23:00:05)

As long as Yogananda is alive, he will always look to his
guru, always regarding his guru as the source of his knowledge
and power—something that cannot be achieved freely.

No matter how he called, Yogananda would not come.

To change direction, you must make sure you don't feel safe outside
yourself.

When you can't find a master externally, you'll
find your innate talent within yourself. (2021-03-16
23:01:42)

Is this an advantage
that has helped you
succeed? You haven't
relied on a guru.

Wind 2021-03-16 23:01:51

Um

Furthermore, I never considered calling upon Lester or any other master to explain why, when I was studying Mahayana Buddhism, I leaned towards Zen and distanced myself from Pure Land Buddhism. At that time, if my guru had been in front of me, I would have let him go. I really didn't want anyone to help me.

Tiancheng 2021-03-16 23:04:36

Is this your
preference? (Wind, 2021-03-16
23:04:38)

That's my strength; I just
want to be independent and natural.
(2021-03-16 23:04:48)

self-reliance

Wind 2021-03-16 23:04:52

Yes, that's been a tendency of mine for a long time.

March 17, 2021: "Seclusion" means not becoming a master and being known to the world.

Tiancheng 2021-03-17 00:26:57

teacher

You said this time you're leaving the world for good.

Is it what you mentioned last time, entering samadhi?

25 years

Wind 2021-03-17 00:27:43

irrelevant

I've already canceled that one.

Tiancheng 2021-03-17 00:28:39

Where are you

going? (Wind, 2021-03-17

00:28:51)

I won't

discuss this . (2021-03-17

00:29:26)

If I am fortunate enough to be

free, will I be able to find

you? That should be possible.

Wind 2021-03-17 00:30:01

Actually, this statement isn't quite

accurate, because once you're free, you'll

be everywhere and won't need to deliberately

seek out anyone.

Freedom is recognizing

that you are not that

body, but an infinite

being.

Tiancheng 2021-03-17 00:31:10

Um

Then I will definitely see you.

Tiancheng 2021-03-17 00:45:40

Teacher, does this mean that even if I gain ultimate freedom, I cannot remain in this world? (2021-03-17 00:46:02)

It's up to you.

Freedom is

freedom,

without any
coercion.

Tiancheng 2021-03-17 00:46:20

Can I still stay with my
family? (Posted on 2021-03-17 00:46:25)
certainly

Tiancheng 2021-03-17 00:46:41

I see myself fearing freedom, afraid that
I will lose my family after gaining freedom.
(2021-03-17 00:47:02)

There are many home
improvement masters,
some of whom could
even be kings.

Tiancheng 2021-03-17 00:47:35

So, even after gaining his freedom,
the master still lives with his family? (Feng,
2021-03-17 00:47:39)

For example, William the Conqueror
Krishna is a demonstration of a home-based master.

You will not lose your family, you will
not lose your beloved world. (Tiancheng, 2021-03-17
00:48:32)

In this era, a master must
be a reclusive wind. (2021-03-17
00:48:55)

Reclusion means not becoming a
master and being known by
others; reclusion does not
necessarily mean you have to
live in seclusion in the
mountains.

Living in the world like an ordinary person is also a form of seclusion.

Wind 2021-03-17 00:56:55

Not a true classic
You're following
other people again. (Tiancheng,
2021-03-17 00:57:34)

I'm taking
advantage of
the fact that
you can still
see some
things
clearly, to
distinguish
between truth
and falsehood.

Wind 2021-03-17 00:57:59

Is this the reason your mind gives you?
What's the point of judging the authenticity of other things
if you don't need anything beyond the six steps?
Even if you study the works of certified masters like Lester and Yogananda,
if you deviate from the six steps, you...

Still unable to be free

There is a wealth
of spiritual
information in
this world; you
don't need to
verify its
authenticity one
by one. I'm
offering a
simplified answer:
follow these six
steps to reach the
destination. You
don't need to look
outward to see the
truth or falsehood
of those people
and things.

Seeing this indicates a desire to control
and release.

If someone or a higher being appears before
you in the future and says that you are
free, why should you care about them?

Wind 2021-03-17 00:58:52

Even if you study the works of certified masters like Lester and Yogananda,
if you deviate from the six steps, you...

Still unable to be free

There is a wealth
of spiritual
information in
this world; you
don't need to
verify its
authenticity one
by one. I'm
offering a
simplified answer:
follow these six
steps to reach the

destination. You
don't need to look
outward to see the
truth or falsehood
of those people
and things.

Seeing this indicates a desire to control
and release.

If someone or a higher being
appears before you in the future
and says they are free, why should
you care? You have already
completed the six steps.

Even if he is a master, you don't need him.
Continue using the release method until the
endpoint is reached.

Wind 2020-03-17 01:01:02

You have six steps.

Even if he is a master, you don't need him.

Continue using the release

method until the endpoint is reached.

(Tiancheng, 2021-03-17 01:01:48)

Okay. Teacher, I heard you.

Xiaoli 2021-03-17 01:43:02

@Wind Can I now actively open the door and pour out all my feelings, instead of releasing them one by one as before? Wind 2021-03-17 06:45:11

Are you trying to speed things up? Xiaoli

2021-03-17 07:53:31

Yes, I did experience that high position for about ten seconds, but afterwards, due to mental effort, I fell to the bottom and it took me even longer to climb back up.

Wind 2021-03-17 07:58:57

Wanting to go faster is wanting to control.

The more you release, the more you release, and the feeling will surge forth like waves.

But if you try to control it and make it faster, you'll get stuck.

Xiaoli 2021-03-17 08:00:48

Yes

If you don't realize you're stuck and exert force in time, and the time you're stuck goes on, you'll find that your feelings of disappointment and resistance will immediately develop, and the thought of escaping will arise.

Wind 2021-03-17 08:14:29

Release everything

step by step

through the

process; there's

no need to look

for other

shortcuts.

The desire for control, acceptance, and security, again and again.

If you use the six steps and continuously release your emotions, you can clear your mind in just one month. It's that simple. (Xiaoli, 2021-03-17 08:16:22)

Okay

June 30, 2021: I didn't know the release method, but I succeeded in the endeavor.

Tiancheng 2021-06-30 20:34:17

Q: So many people have succeeded in doing things without even knowing about the release method. How did they do it?

Teacher: It's just a process. If you don't have a way to achieve freedom, you're essentially living through what you might call karma, which you predetermined in your past life. If you don't use the right method to release it, it will drive everything you do. Then, whatever happens to you will follow your inner program. For a successful person who doesn't understand the spiritual path, success and failure in their career are not under their control. The program makes them succeed or fail as it pleases; even down to the specific time, they are still not free.

2021-03-17 What kind of things need to happen inside a person if they pretend to be a master ?

Wind 2021-03-17 08:25:43

That superficial peace concealed
the turbulent undercurrents
beneath, including the Eckhart
incident.

The reason he is slower than most people is because he avoids the various
processes of the subconscious, that is, feelings.

Because the mind is mostly driven by programs, it's already overloaded, yet
it still persists.

Hold on the surface

What kind of
internal things
need to happen if
someone tries to
pretend to be a
master? First, he
needs to develop a
thin veil of
indifference to
shield himself from
inner awareness, so
that he can escape
the intense pain
surging from
within.

Therefore, you cannot use lies to explain
the correct principles when it comes to
truth.

April 21, 2021 The key points to note are "wanting to understand" and "wanting to do something".

Wind 2021-04-21 10:33:37

The key point to pay attention to is the
difference between "wanting to understand" and
"wanting to do something"—these are the
easiest places to get stuck.

The desire to understand will
drive you to research and

analyze; the desire to do
something will drive you to
create something interesting.

We should be alert to this and release [the information].

There is an exercise in the workbook.

What do I get from Wanting To control/approval/security?

Sometimes you want to gain a
sense of security through
control, and sometimes you want
to gain approval through
control.

Sometimes you want validation, and then you develop a desire to control.

When you release something, you often try to control
the process, which leads to getting stuck. Ask
yourself: Are you trying to solve this problem?

You want to do
something to solve it,
but you don't have to
do anything.

let go

undo the doingness

A problem is only a problem when
you want to control it, or to
put it more bluntly, when you
want to change it.

Just be aware that you want to control it.

Try it yourself. The moment you let go of the urge to
control, isn't the problem no longer a problem? You can
achieve it even if you don't want to.

Haven't you already fulfilled enough of the "don't want" desires?

[size]

Look around you
How many of your "unwanted" desires have you fulfilled?

2021-07-26 dasin 's Japanese comeback

2021-07-26 14:53:44 I suggest relearning everything.

2021-07-26 14:53:44

Teacher Feng, do you have any
advice for me? @Feng I think I
released something wrong.

Wind 2021-07-26 14:54:27

My suggestion is to relearn the entire release method.
take the course
However, don't start from video 1.
Starting from video 5

2021-07-26 14:55:07

Relearn everything, good.

Peace of mind and freedom 2021-07-26 14:58:19

I'm still hesitating about whether it's the right thing to do or not.
After putting in so much effort, should I start over? I want to start
over, but...

I'm not willing to give up.

Ellenson An 2021-07-26 15:00:57

Let's relearn from the fifth video, following our dear Haier teacher.

Yilin 2021-07-26 15:01:48

Okay, let's relearn the release
technique! Starting with the fifth video! (Wind,
2021-07-26 15:02:47)

You've realized that you've been "working hard" for so long.
Release take no efforts

You might often forget how to release tension, but that's
okay. You can learn to relax and feel at ease again in just a few
minutes. (2021-07-26 15:04:25)

Okay, I understand.

Continuing to release on July 26, 2021

The sound of clouds passing by 14:58:31

@Teacher Feng, I always feel like I'm not releasing things properly.
Sometimes I can feel the desire leaving, sometimes I just feel...

It's not working (maybe it's stuck) . I feel like I'm not releasing it correctly, what should I do? I really want to "continue releasing".

Wind 2021-07-26 15:04:57

Continuous release does not mean that you maintain a continuous release concept.

Continuous release means that after you experience inner liberation through a release, you release again at this rhythm, which is entirely under your own control.

After releasing your desire for validation of something, you can ask yourself, "Is there more?" to continue.

You can also reflect on your current feelings and ask yourself, "Does it want control or validation?" to continue interpreting this.

put

Of course, if you find yourself trying to control your feelings and not wanting to release them, you can ask yourself, "Is this a desire to control?"

"What?" (To continue releasing)

If you want to do something else at this point, then you can certainly choose to release that matter.

Safety?

Reflect on what I want to gain

from that event. Is it control or

validation? These are all ways you

continue to release your pent-up

emotions.

26, 2021 : Tiancheng also needs to relearn the 1992 version of the release method.

Tiancheng 2021-07-26 15:02:20

teacher

Do I need to learn

it all over again?

Have I not learned

it yet?

Wind 2021-07-26 15:04:14

Yes, relearn it.

It won't take
long. (Tiancheng, 2021-07-26
15:04:21)

Yeah, I've always
been unwilling to
relearn it all by
rote [facepalm]
I need to relearn from video 1 ?
Still from video 5

Wind 2021-07-26 15:58:18

These are
tools,
whatever you
need.

Tiancheng 2021-07-26 15:58:31

I feel like I've already
experienced the release of the wind.
(2021-07-26 15:58:31)

You can pick it up and
use it anytime. (Tiancheng,
2021-07-26 15:58:57)

I don't necessarily
have to watch it all, right?
(Feng, 2021-07-26 15:59:23)

Um

2021-07-26 Use release to eliminate obsession with a goal

2021-07-26 15:12:25

@Teacher Fengfeng, I always feel that being too fixated on a goal is detrimental to achieving it. Is this idea right or wrong?

Woolen cloth?

Wind 2021-07-26 15:23:32

Someone just mentioned persistence in achieving goals.

Susan Lee 2021-07-26 15:23:40

I really want to achieve that goal, but I'm afraid to unleash it. (2021-07-26 15:23:50)

This is a very basic question.

Yes, you are persistent about your goals. However, do you want to eliminate your persistence about your goals by suppressing them?

Jesus Christ

We are learning the release method.

Of course, releasing the

target's obsession is

necessary, and Lester places

particular emphasis on the

role of the target.

Because the target is something that can evoke your deepest, most hidden aversion.

Anxin Ziwu 2021-07-26 15:27:09

Do I have to set a goal to release, or is it okay to just release the feelings in the present moment?

Wind 2021-07-26 15:27:32

it's up to you

Release must be done according to your own inner rhythm.

Yilin 2021-07-26 15:28:10

@Wind I have listed more than a dozen goals. Should I release them every day or just release them based on my feelings?

Wind 2021-07-26 15:28:21

Because releasing doesn't involve a god standing beside you counting: you release once, you release twice, you release three times...

The release occurs when you allow

feelings to arise and depart. With
each release, you can utilize step
six.

Check your inner
feelings, just like you
did in the course .

“你现在感觉怎么样？”

“哇，非常好，不过好像还有些在那儿”

“那么，你能允许它们出来吗？” “可以试试”
我记得我以前有一段聊天记录

That's something worth checking out.

[Group chat history]

[Released while playing mahjong on February 3, 2021]

Do you understand what I'm trying to
say here? [Laughs] What you need to
do is keep releasing...
Instead of continuous suppression

Susan Lee 2021-07-26 15:35:52

Teacher Feng, does the goal have to be achieved by releasing for
several days in order to succeed, instead of releasing for a few hours a day?
@Feng, can't it be interrupted at all?

Not all interruptions are allowed.
However, every time you don't release those feelings, you're suppressing
them.

@2021-07-26_15:13:35

Fenglin Fenghua 2021-07-26 15:13:35

If you're stuck, release the feeling of wanting to change. You
realize you want to change, release that desire, but there's no progress . Should
you just keep releasing that desire (wanting to control) and keep asking yourself
questions?

Wind 2021-07-26 15:13:46

No.
You don't need to keep asking yourself questions.

The questioning method is a teaching approach; at the end of the course, if
you've mastered it, it will guide you through six steps.

sudden

Why does the course tell you six steps at the end?
Because until you learn to let go, these words are just words to you.

And after you've learned it, you've already experienced those...
Therefore, you don't need any extra explanation to explain the six steps.

In fact, back in 1992 , Lester Levenson (The Sedona Method
) had already simplified the six steps into three steps.
These three steps are the way to put the six steps into
practice.

You can find this three-step new
concept at the end of the workbook . (2021-07-26
15:18:10)

Three tickets to calm waters
Susan Lee 2021-07-26 15:19:05

YOUR TICKET TO IMPERTURBABILITY

**Carry out these three things and you will quickly
reach *Imperturbability*.**

- 1. Release only the three wants.**
- 2. Make it continuous and release immediately.
Allow the wanting approval, wanting to
control and wanting security to come into your
awareness and immediately let it go.**
- 3. Make it a Do It Yourself Tool.**

**You now have all you need to go all the way to
imperturbability.**

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The Sound of Clouds Passing By (July 26, 2021) 15:19:13

你到达波澜不惊的门票

贯彻这三件事情，你将会迅速到达波澜不惊。

1. 仅仅释放这三个想要。
2. 让它持续不断并且立即释放。

允许想要被认同，想要控制和想要安全出现在你的意识里并且立即让它离开。

3. 让它成为一个自己动手去做的工具。

你现在已经拥有了你需要的一切去走完全程，到达波澜不惊。

2021-07-26 All knowledge is a limitation; all knowledge is meant to be released.

Yilin 2021-07-26 15:13:46

@Feng I am a Christian. Many of the sayings by Teacher Feng shared in the group are about Buddhism, which I don't understand. Will this affect my liberation? Thank you.

Wind 2021-07-26 15:19:09

Oh, release doesn't require knowing that knowledge.

Dear Lester said that all knowledge is a limitation, and all knowledge is meant to be released.

Yilin 2021-07-26 15:19:43

@GoodWind

July 26, 2021: Release is the only thing you can't force someone to do by holding a whip to your head.

Elekson 2021-07-26 15:09:56

Teacher Feng, many people here are stuck. Is it because we're trying to control and release the stuck state? Some haven't been able to release it successfully for months .

Susan Lee 2021-07-26 15:21:16

Teacher Feng, many people here are stuck. Is it because we're trying to control and release the stuck state? Some haven't been able to release the stuck state for months . Same question.

Wind 2021-07-26 15:21:22

First, you need to determine what you want to release.

That's step NO. I

Susan Lee 2021-07-26 15:22:44

I don't want to release, but the situation forces me to. How can I make myself want to release?

Wind 2021-07-26 15:22:46

Liberation is the only thing you can't force someone to do with a whip. [laughs]

2021-07-26 When the strings are too tight, you need to loosen them. When the strings are too loose, you need to tighten them .

The Sound of Passing Clouds 2021-07-26 15:37:00

Teacher, could you explain this section in more detail? How can we achieve this in daily life?

Ekamantaṃ t̥hitā kho s̥ā devatā
bhagavantaṃ etadavoca – “kathaṃ
nu tvaṃ, mārisa, oghamataṛīti?
'Appatiṭṭhaṃ khvāhaṃ, āvuso,
anāyūhaṃ oghamataṛīnti.
'Yathā kathaṃ pana tvaṃ,
mārisa, appatiṭṭhaṃ anāyūhaṃ
oghamataṛīti? 'Yadākhvāhaṃ, āvuso,
santiṭṭhāmi tadāssu saṃsīdāmi;
yadākhvāhaṃ, āvuso, āyūhāmi
tadāssu nibbuyhāmi [nivuyhāmi
(syā. kaṃ. ka.)]. Evaṃ khvāhaṃ,
āvuso, appatiṭṭhaṃ anāyūhaṃ
oghamataṛīnti.

Translation:

A celestial being standing to one side asked the

Buddha, "How did you cross the flood?"

"Friends, I cross the torrent without stopping

(or: standing still) or exerting force."

"Friend, when I stop, I drown; when I exert myself, I am swept away. So I cross

the torrent without stopping or exerting myself. ”

I understand this principle, release take no
I'll try, but how can I do it? There are so
many things in life.

Wind 2021-07-26 15:37:36

This passage is a record of the
Buddha's teachings in the Pali
Canon, explaining a principle that
the Buddha summarized as the
Middle Way.

When the Buddha was still Siddhartha, he studied under various masters
of the time and learned the highest stage of meditation.

River water

But he
discovered
that those
suppressed
feelings,
like silt
that had
sunk to the
bottom of a
river, were
all subdued
when he was
in a
meditative
state.

But when he emerged from that intense
focus, feelings and thoughts enveloped
him again, as if stirred up.

Siddhartha then continued
his journey, learning about
asceticism from Jain monks.
He underwent six years of
asceticism but did not
experience liberation.
The idea of the Middle
Way came to him in a
moment of extreme
disappointment when he
heard a musician say,
"When the strings are
too tight, you need to
loosen them."
Similarly, when the
strings are too loose,
you need to tighten
them. This
understanding helps you
grasp the meaning of
that passage.
When you
stop

releasing,
you need to
remind
yourself to
release;
but when

you are
suppressing
, you need
to remind
yourself to
relax.

The Sound of Clouds Drifting (July 26, 2021) 15:45:25

@风嗯嗯, thank you so much, teacher, I understand.

July 26, 2021 Emotions are how you define yourself; desires are your intentions.

Tong 2021-07-26 15:41:00

@Feng , teacher, what are the differences in feeling between the fear of death and the emotion of fear? Is it just a difference in degree?

Wind 2021-07-26 15:45:17

Emotions are how you
define yourself; desires
are your intentions.

When Lester was developing the Release Technique as he approached death, he didn't deliberately release his emotions. The first question he asked himself was, "What is true happiness?"

When he was highly focused, he spontaneously entered what is known as samadhi.

Some memories entered his consciousness, and they gave him the answer: to love is happiness; to be loved by others is not happiness.

This led him to release his
desire for validation during the
first month, and only in the
second month did he realize he
needed to control it.

The last month released the fear of death.

So Lester later told his students that if he had six steps, he could have done it in less than three months. Why was that?

Because the six-step process doesn't

require you to search for a specific
type of Lester, sometimes it will stop
when he releases it.

That's because he didn't have six steps.

Even when trying to control himself, he still tries hard to
feel a desire for acceptance. The six steps tell you that
all feelings are desires for control, acceptance, and
security. Immediate release only takes one to two months

@2021-07-26_15:55:14

Tong 2021-07-26 15:55:14

Why does the course say that if you become aware of a desire, you will automatically let go because it's human nature? My desire release is shallower than my emotion release. I know I'm doing it wrong, but I still find it difficult to perceive the feeling of desire. Is it because I haven't practiced enough? @风

Wind 2021-07-26 15:55:54

This is a problem I've encountered before: releasing desires is more natural than releasing emotions.

Lester told you that this method has one advantage, actually two advantages.

However, one of them is something everyone should have heard of: high efficiency.

Tiancheng 2021-07-26 16:05:02

One release is equivalent to several months of meditation.

Wind 2021-07-26 16:05:06

Another benefit is that when you change how you feel about something, you'll feel less...

That's terrible

Therefore, releasing desires has these two major benefits.

Tiancheng 2021-07-26 16:05:58

@Why is the wind

like this? Wind 2021-07-26

16:05:59

The true method of liberation is to release only three desires.

The meditation mentioned here refers to a series of methods to quiet the conscious mind. (Tiancheng, 2021-07-26 16:07:01)

Is releasing energy for one day really equivalent to meditating for 6000 years?

@Wind, that's an exaggeration!

Wind 2021-07-26 16:07:19

certainly

Natural evolution takes millions of years.

Only then can one reach a

state where perfect consciousness can be
accepted. (Tiancheng, 2021-07-26 16:07:51)

Isn't it a million years?

A million years is a
cycle time. (The sound of clouds
drifting by, 2021-07-26 16:14:29)

Teacher, I don't understand what "try to feel your feelings in a
different way" means. Does it mean replacing the way of releasing emotions with
the way of releasing desires?

Wind 2021-07-26 16:14:44

Well, this is the key point I want
to make. Someone just asked a very
practical question.

This is ^早also a problem I encountered during that period.

That is, releasing desire feels less profound than releasing emotions.

This means you haven't learned
to release your desires . (Yitian,
2021-07-26 16:16:47)

You said that getting to know "want" requires practice, but how exactly do
you practice that? @风
Susan Lee 2021-07-26 16:16:56

16:09



原始圣多纳释放法 >



风 2020-10-12 09:20:17

用释放案例来学习是最简单的方法,要
学习流程是怎样操作的,最好就是自己体
验,看看别人是怎么操作的,自己跟着操
作,或者让别人引导你,很快就能学会。
所以你会看到sedona institute教理论的部分很少,而实践的部分完全就是实例引
导。整八个视频就是不断地给你们看别人
是怎么释放的。

有一个词着重提一下: stir up, 这是后
面的视频会经常用的引导,当下的感受是
什么,它激起(唤起)了什么欲望? 因为
先前用的"来自什么欲望",可能让人下意
识用头脑去分析原因,所以可以重点提一
下,可以用stir up,看看自己当下的感
受,看看它激起了自己想要控制还是想要
认同,或者想要安全。

群友“寂谛”: 我感觉我还是不会释
放,如何允许欲望离开呢? 我允许它离开
就一定能离开吗?

“风”: 嗯,它自己想要把自己推出
去,你只要放开压抑的力量就行了。

“寂谛”: 听得懂,不知道自己怎么
做。

Wind 2021-07-26 16:17:03

Actually, the exercises
in the course are

sufficient, but I could
go into a little more
detail.

Susan Lee 2021-07-26 16:17:22

stir you mentioned Is up important?

Wind 2021-07-26 16:17:41

This word can be a useful
tool. (New Times, 2021-07-26 16:17:58)

When you become aware of a desire, you may only feel a slight inclination, not a very strong desire. Should you become more aware of this subtle feeling and try to strengthen it, or should you simply release this subtle desire?

Wind 2021-07-26 16:17:58

However, not using it doesn't
prevent you from learning to
release desires—directly
releasing this gentle desire.
Some releases are very subtle.
The course actually tells you that some releases are very subtle.

After you release that urge, you can ask yourself, "Do I
still have any lingering desire for
identification/control?" Even a slight tendency is still a
possibility.

Peace of mind and freedom 2021-07-26 16:19:47

@Wind I realized I was releasing my desires and left very quickly,
without even having time to ask a question. I released them like that for a while,
but now I don't feel that way at all.

Wind 2021-07-26 16:20:05

It's normal to sometimes forget
how to release; releasing is a
person's most natural ability.

But enough mental content can hinder this ability.

Susan Lee 2021-07-26 16:20:57

How could you forget to release
it? It's all because of your mindset.
(2021-07-26 16:21:13)

Forgetting to let go doesn't
mean you haven't learned
enough or accumulated enough

knowledge.

It's because you've accumulated too much.

When you accumulate a lot, you are developing your mindset, which can obscure/weaken your ability to unleash your potential.

This is also why I advise everyone not to modify/share/release experience.

on July 26, 2021, doesn't mean there's a god counting down the days next to you.

Wind 2021-07-26 15:59:22

I just mentioned a principle

Release doesn't involve a deity
counting each release; you'd
better ask yourself how you
feel.

You can feel yourself becoming lighter and lighter.

Issues with the survival program (July 26, 2021)

Yitian 2021-07-26 16:02:29

@Wind , is the sense of feeling a survival
program of the body or the survival program of the ego ?

Wind 2021-07-26 16:08:33

Let me briefly answer the question
about survival programs. Lester
said that all feelings are
survival programs.

Because you set up a mind, and
the mind is the ego ; the ego
created three bodies.

With each creation you identify with a new one.

When you accept that you are a physical body, you will
inevitably develop a fear of death because the body has
limitations.

This fear of death is the desire to survive, the most basic survival
instinct.

The desire for approval and control, and all emotions, develop from this
foundation.

2021-07-26 All physical experiences are not the release itself.

2021-07-26 16:08:16

@Teacher Fengfeng, when I release, I feel a feeling of expansion in
my nasal cavity, forehead, or eardrums, and my chest and abdomen seem to be
contracting. Is this a correct release?

Wind 2021-07-26 16:11:52

All physical experiences are not the release itself.
The only physical experience is that
continuous release will inevitably lead to
a surge of vitality/energy throughout the
body.

Releasing the fear of death may bring
physical pain, but that is not inevitable.

Tiancheng 2021-07-26 16:13:42

Did you have this
experience back then ? (2021-07-26
16:14:12)

I've only experienced it twice.
And it wasn't that strong.

2021-07-26 Regarding goals, you need to release them until they
are completely yours.

Wind 2021-07-26 16:20:05

It's normal to sometimes forget how to release.

ZOEY 2021-07-26 16:22:26

It feels very profound and joyful to continue for a while, but as soon as you stop, even for a few hours, you feel like you want to start over. Does this mean you're taking one step forward and two steps back?

Wind 2021-07-26 16:22:43

You didn't return that much.

This means that a deeper feeling has emerged.

ZOEY 2021-07-26 16:23:26

At times like this, I feel particularly frustrated, as if I'll never reach the finish line. (2021-07-26 16:23:28)

Regarding the goal, you need to release it until it is entirely yours.

ZOEY 2021-07-26 16:23:54

Are you referring to me specifically? (Wind, 2021-07-26 16:24:32)

I'm referring to the general situation.

The Sound of Clouds Passing By (July 26, 2021) 16:25:03

Does it mean reaching a state of certainty, like knowing for sure whether you are male or female ? (2021-07-26 16:25:27)

Yes

Your analogy is excellent.

You don't need to repeatedly confirm whether you are male or female.

you reach your limit on July 26, 2021 , you are better able to face the fear of death.

Susan Lee 2021-07-26 16:25:27

Is the fear of death only triggered when the cap is reached? (Wind, 2021-07-26 16:26:05)

That's not the case.

However, when you reach your limit , you are more capable of facing the fear of death, and you are more courageous in confronting it.

What is the key to releasing disease? (July 26, 2021)

New Times 2021-07-26 16:27:24

What is the key to
releasing disease? (Wind, 2021-07-26
16:27:41)

Regarding the release of symptoms, you need
to allow the pain to be expressed, and you
need to continuously release the symptoms
that are not getting better.

You need to face the possibility that
"the illness will never get better"
and release all the feelings that this
thought evokes.

Susan Lee 2021-07-26 16:28:40

@Teacher Feng, what about
releasing a loved one from cancer?
(2021-07-26 16:28:52)

Should we also release
information about a complete recovery from
illness ? (2021-07-26 16:29:06)

This is something that doesn't require special attention.

Once you release all your feelings, you'll immediately know you're
completely healed.

Susan Lee 2021-07-26 16:29:29

Does he need to release his
feelings that his illness is incurable?
(Wind, 2021-07-26 16:29:51)

Yes, see how much it can evoke in you.

Susan Lee 2021-07-26 16:30:19

Even if he were to die, do I need to
release this feeling? This feeling is very
strong; does it need to be released into
love?

Wind 2021-07-26 16:31:14

Yes, you can
release it , but
you need to be
careful.

Susan Lee 2021-07-26 16:31:32

Okay, this is so hard, so difficult to face.

Wind 2021-07-26 16:31:44

This is a misunderstanding.
You don't need to convince
yourself to face the
outcome; you need to pay
attention to your feelings.
Sometimes you use mental struggle instead of release.

Susan Lee 2021-07-26 16:33:21

Teacher, will it get better and better as I continue to focus on this goal,
or will it improve once I successfully achieve it?

Get better all at once

Wind 2021-07-26 16:34:50

It depends on your mindset.

There is no formula for achieving a goal.

This thing we call the world follows only your thoughts.

Susan Lee 2021-07-26 16:35:58

I certainly hope he gets healthier
as the process continues, but his
current condition is very bad.

Wind 2021-07-26 16:36:24

If you try to look outward for feedback, it means
that you subconsciously believe he or she is bad;
this subconscious image constitutes the
manifestation of the world.

Therefore, both of the situations you described are your own creations.

2021-07-26 Freedom doesn't create anything; it merely ends the illusion.

Lanruo 2021-07-26 16:36:58

@Fengfeng , Lester said, "There is nothing outside of your thoughts." So, you are also a picture in my mind. But I've already projected a free you and Lester, so why am I not free yet?

Wind 2021-07-26 16:37:37

You are inherently free, but your mind has obscured it. Freedom itself does not create anything.
It's just ending the hallucination.

July 26, 2021, Lester Levenson (The Sedona Method) supports all those who apply the release law.

SH 2021-07-26 16:37:17



Could you, wind, inject a
little of this into us all? (Tiancheng,
2021-07-26 16:39:56)

It would be best to let the
master directly set you free [laughs]
Wind 2021-07-26 16:40:15

If you truly desire freedom, Lester Levenson (The Sedona Method)
will provide it to you.

I'm not kidding, Lester has been
supporting this work; he's supporting
everyone who uses the release law.

2021-07-26 When you release your mind, you will, like in that
metaphor, suddenly see " the back of the comb".

Elekson 2021-07-26 16:30:06

@Teacher Feng, after I gain freedom, do I have to leave Earth? I'm
just reluctant to leave my parents; I'm afraid they'll be sad if I leave. I think
my parents will also be relieved after I'm free, right?

Tiancheng 2021-07-26 16:43:38

@Wind, after you left Earth, did
you go to Jingju (a place for spiritual
practice) ? (2021-07-26 16:44:08)

Regarding the question of leaving Earth after gaining freedom.

The delivery of this message has caused
many people to misunderstand it . (Elekson,
2021-07-26 16:44:29)

Big news!

The Sound of Clouds Passing By (July 26, 2021) 16:44:32

@After gaining freedom, will he abandon his family? Could he use his
superpowers to make their lives better?

[Laughs]

Tiancheng 2021-07-26 16:44:34

Many people fear freedom

SH 2021-07-26 16:44:36

Most

concerned about this

Tiancheng 2021-07-26

16:44:43

Once free, I will leave Earth.

That's why I don't talk about this with many people.

New Thoughts 2021-07-26 16:44:50

Didn't they say that even after
gaining freedom, one can still live a
home-based life? (Yun Piaowo's Voice,
2021-07-26 16:45:28)

I've always been
afraid of this; I'll leave the

wind. (2021-07-26 16:45:30)

First, the masters agree because when you release your mind, you will, as in the analogy, suddenly see "the back of the comb," so the message itself is not important.

Tiancheng 2021-07-26 16:46:28

Then what?

Wind 2021-07-26 16:46:51

When you attain the Samadhi of "Nabhika," you will intuitively know everything; however, do not fear freedom.

You can watch Lester Levenson (The Sedona Method) 's video.

He said a few words

You can own the entire universe; you can even replicate it and create another universe. Therefore, although the masters are supposed to leave Earth, you can quietly move your family to that replicated universe. In fact, many masters have done this to create the illusion that they never left.

Elekson 2021-07-26 16:49:28

That's great! [Laughs] I was just afraid that if I left, my parents would be heartbroken. (Clouds Passing By, 2021-07-26 16:49:37)

I'm so happy I could explode today! [laughs] Thank you @风,so much!

Tiancheng 2021-07-26 16:50:53

The first time I heard it, I was blown away by the master.

Wind 2021-07-26 16:51:31

This isn't new knowledge; Lester Levenson (The Sedona Method) 's intensive course videos already covered it. (2021-07-26 16:52:06)

I feel completely free of worries now, haha [laughs]

from July 26, 2021 is not important; what matters is the path , the road.

Yiman 2021-07-26 16:50:18

@Feng, Teacher Feng, I'm wondering who Anastasia is in the meditation on the cedar tree? Does she really exist? Feng 2021-07-26 16:50:40

Don't focus too much on spiritual messages [laughs]

Susan Lee 2021-07-26 16:51:16

@Teacher Feng, I'm very curious to know if Mo Zi from Taiwan has attained enlightenment? His message is very different. (Feng 2021-07-26 16:52:29)

Why are you reading these messages? The messages are unimportant.

The important thing is the path , the road.

The only important message is the message from

the "Nabhikāpa" samadhi; the message you read
is not of much significance to you.

SusanLee 2021-07-26 16:54:48

@WindIsGoodI'm not agonizing over it
anymore. Only the Release spell can grant me true
freedom . 2021-07-26 16:55:06

@SusanLee He's definitely
not an enlightened being;
free people all live in
seclusion.

Wind 2021-07-26 16:55:32

Currently, in China, including
Taiwan, there are only three
enlightened individuals; in the
future, among those practicing the
Liberation Method, there may be one
more.

But he won't come out and
say he's free. (Tiancheng, 2021-07-26
16:56:26)

Absolutely not?

In other words, anything
said must be false . (2021-07-26
16:56:53)

There's always a reason why a master is willing to step forward as a
master.

The reason I am willing to communicate with people in
this capacity is because I am a transmitter of the
Dharma of Release, and the Dharma of Release only needs
one transmitter.

Therefore, even if someone is free, he will
absolutely not come out and let anyone know. (Tiancheng
2021-07-26 16:59:15)

Is this your
karma? (Wind, 2021-07-26
16:59:34)

You could say this is my karma.

Just like Lester Levenson (The Sedona
Method) said, a bad karma [laughs] Tiancheng
2021-07-26 16:59:56

Why don't that lady and Kam
spread the Dharma? @Wind They
are more 早free.

Wind 2021-07-26 17:00:41

Because Lester Levenson (The Sedona Method) is
not an Avatar, he is not a
typical mentor.

Therefore, he mainly came back to help his former students.

Those who came into contact with the Liberation Law were
either Lester's students or people connected to Lester. This
is why Kam and that lady didn't preach the Law at that time.

Because the students from

Lester Levenson (The Sedona Method)
haven't returned yet. (Tiancheng
2021-07-26 17:03:15)

What's the meaning

In other words, there's no need to

elaborate too much on the fact that
Lester's past-life students haven't
returned to Earth.

Because in the "Nabhikāpā" Samadhi, you will know everything.

Continuous release is necessary; it's one of the six steps. (July
26, 2021)

Yitian 2021-07-26 17:06:07

As long as the release continues, does
that count as completing the six steps? @风风

2021-07-26_17:06:26

Yes, look at the three steps
summarized at the end of that course. (Tong
2021-07-26 17:07:17)

@Can the "Nebikkapa" samadhi only be achieved through continuous
release of wind? Or will samadhi be entered after releasing enough desire?

Wind 2021-07-26 17:07:56

Continuous release
is necessary; it's
one of the six
steps.

Susan Lee 2021-07-26 17:08:20

When releasing, the sensation is like waves leaving. Does this wave refer to physical sensations? Does it mean the feeling becomes increasingly pleasurable? (Wind, 2021-07-26 17:08:35)

Not a physical sensation

But feelings are composed
of living particles, and
emotions are also composed
of living particles.

The term "life particle" is Yogananda's
translation of the yogic concept of Prana;
therefore, one will feel the dissipation of
energy upon its release.

If you keep releasing, it's like a wave.

2021-07-26 When you allow deeper garbage to come out, your emotions will subside.

Yitian 2021-07-26 17:08:45

If each release is "more" easy and pleasurable than the previous one, wouldn't you reach the sky's limit after just a few dozen times? So why do some people say they haven't seen much change even after releasing thousands of times?

Wind 2021-07-26 17:10:44

No.

dig down

When you allow deeper garbage to come out,
your emotions will subside, but that's good.

That was in the face

of deeper garbage . (2021-07-26
17:13:04)

My understanding is that the lower will
become lower, and the higher will become higher, like a
swing in the wind. (2021-07-26 17:14:03)

Yes, Lester Levenson (The Sedona Method) mentioned this.

In the intensive course, he used the word " roller". coaster

2021-07-26 Process: Let the feeling come out, categorize it as a desire to control or a desire to be recognized, and let it go.

New Thoughts 2021-07-26 17:10:51

@Fengfeng , is everyone in our group right to be releasing things as they are now? Should we just continue like this, or...?

return?

Or do we need to change it?

Wind 2021-07-26 17:12:05

It
requires
relearning
, not
changing.

SH 2021-07-26 17:12:44

I've always had a vague feeling
that I was using the wrong process. (Wind,
2021-07-26 17:13:08)

Process, release process

That's what Lester Levenson (The Sedona Method) said.

Let the feeling come out, categorize it as a desire to control or a desire to identify, and then let it go—this process is the release process.

2021-07-26 Questions are tools

Tong 2021-07-26 17:14:17

@Wind, is the desire we want also located in the center of feeling? When I release my desire, I don't feel a specific location. Is the emotional body a life particle? Is the desire we want like a workbook, something you can pick up and use?

Wind 2021-07-26 17:14:39

The sensation center is a tool

Actually, one problem is that you often treat the tools provided by the course as a limitation, like a workbook is a tool you can pick up and use.

But that doesn't mean you have to use it.

Focusing your attention on your feelings can help you better connect with them.

But this doesn't mean that after you've become aware of your emotions and desires, you must force yourself to focus on your feelings.

Do you understand now?

ZOEY 2021-07-26 17:16:47

I've found that when I release in a relaxed state, there's no time to think about where I want to be; I instantly identify and release. Is this the right approach? @Wind

Understood

Wind 2021-07-26 17:17:57

Yes, you don't need to complicate it.

That's why following the course is necessary; the course itself is a good design.

You'll find that it emphasizes the feeling center from the beginning.

Because before you learned the release technique, you rarely had contact with your own feelings, you need this tool to help you.

However, the experience center was rarely mentioned later in the course.

Because when you try to feel your desires, you
easily realize that you no longer need this
crutch.

2021-07-26 17:19:33

After asking "Can you let him go?", is it more beneficial to answer "yes"
or "no" to facilitate his release, or is it better to answer or not at all?

Yes, it won't affect anything.

Wind 2021-07-26 17:19:45

课程最后，问的已经很少了
问句是工具
当你需要用时，当然，拿起来用

但当你意识到欲望后已经释放了，你为什么还要到处找工具？[大笑]

课程视频，workbook，当你要用时拿起来用
但是，最后你只需要六步骤
当你只需要六步骤这一个工具的时候，你就在路上

2021-07-26 I will only come back once a day on dasin .

Tiancheng 2021-07-26 17:22:07

teacher
Could you please
stay a little
longer and help
me?

Wind 2021-07-26 17:22:37

Before today, all the masters
will depart again until the
next dasin day.

Tiancheng 2021-07-26 17:22:54

What do
you mean
by leaving
again?

Wind 2021-07-26 17:23:03

They will all leave.
Didn't they

already leave? (Wind,
2021-07-26 17:23:13)

We will only come back once
a year on Dasin Day . (Tiancheng,
2021-07-26 17:23:48)

In other words, you will come back in the future.

Has Master Babaji returned
today? (Posted by Feng , 2021-07-26
17:24:04)

But I won't reveal this time.
Not all masters will
return today; you can
choose to come back.

Just like us who have bad [
Laughing] Tiancheng 2021-07-26 17:24:31

Even if you have
achieved
ultimate
freedom, do you
still have
karma?

Wasn't it completely
released? (Wind, 2021-07-26
17:24:56)

Of course, without a trace of
karma, I will merge into infinity
and will no longer be controlled
by karma.

Tiancheng 2021-07-26 17:25:18

There's also
the desireless wind
(2021-07-26 17:25:18)

I can decide to release it at any time.

Tiancheng 2021-07-26 17:25:24

It's after
today, right ?

(2021-07-26 17:26:46)

Before today
Before the
end of today, Tiancheng
2021-07-26 17:27:27

For me
[Facepal
m]
Please
be
selfish
and help
me.

Wind 2021-07-26 17:27:50

Sorry, this is God's
plan . (2021-07-26 17:28:04)

All right

Wind 2021-07-26 17:28:07

Even for your sake, I must
leave Tiancheng. (2021-07-26 17:28:17)
Why?

(Wind, 2021-07-26
17:30:13)

You already have a method.
My staying here is
holding you back and
hindering your growth.

Tiancheng 2021-07-26 17:31:00

Um
I
relearne
d from
the
teacher
Before you leave, could
you give me your
blessing and see me one
last time?

Even five minutes

[Facepalm] [Facepalm] [Facepalm]

You promised to

meet me, Wind. (2021-07-26
18:24:23)

I will not meet you as a master.

Once I've finished and am
actually back, I won't offer any
guidance.

Tiancheng 2021-07-26 18:25:01

What does

that mean? (Posted by

Feng on 2021-07-26

18:25:38)

I will come back, but no one will know I
am Feng Tiancheng. (2021-07-26 18:26:00)

That means you will return to this Earth.

What does this mean after you finish?

Wind 2021-07-26 18:26:47

Those plans
were completed .

(2021-07-26 18:26:55)

God's plan?

After completing this, will you return to Earth and live in seclusion?

2021-07-26 Based on your inner feelings

Tong 2021-07-26 17:27:28

@Wind, after each release of a desire, will the next one always appear automatically? Is there a delay? If I don't notice the next one after releasing one, does that mean it's stuck?

Wind 2021-07-26 17:28:33

Based on your inner feelings

Every time you release, you can experience
the feeling afterward. (Yiman, 2021-07-26 17:29:07)

@Wind, after each release, do you wait in a relaxed and
pleasant state for the next feeling to automatically emerge before releasing
again? Wind 2021-07-26 17:29:10

You can see what this feeling is like.

You can also look at your goals, or what
you want to release. As long as you can
continue to release, do it at your own
pace.

2021-07-26 The real fear of death always surfaces suddenly when you're not prepared.

Yilin 2021-07-26 17:29:29

@Wind, please ask: When I actively and directly release my fear of death, I do experience feelings that surface and leave, but I know those aren't true feelings of fear of death. They always surface suddenly when I'm unprepared. Am I not releasing them because I want to control them and want them to be accepted?

风 2021-07-26 17:31:29

让感受出来

然后，辨识出它是想要控制还是想要认同，或者想要安全允许它离开
你意识到什么感受，你就释放什么
如果你感受不到情绪，你可以运用这个方法来的辅助你感受到

Yilin 2021-07-26 17:33:16

@Thank you for the wind

2021-07-26 When you directly experience desire, you don't need to go back to experiencing emotions.

New Era 2021-07-26 17:35:43

Is it better to release desires to release goals by directly releasing my desires for the goals, or to first feel the feelings about the goals and then trace back to the desires?

Wind 2021-07-26 17:36:26

情绪表是一个工具

当你感受不到欲望的时候，你先感受到情绪，然后感受驱动它的欲望当你直接感受到欲望的时候，你不需要回去感受情绪
这些在课程中都有

New Era 2021-07-26 17:37:44

OK

2021-07-26 Follow your inner feelings

Yilin 2021-07-26 18:02:53

@Wind Can you release all your feelings about a person by simply writing down that person's name and then watching the name release different feelings that surface over and over again?

Wind 2021-07-26 18:03:06

If it's useful to you, that's fine too.

Yilin 2021-07-26 18:04:04

@Wind can use whatever method it likes, as long as it's within the six steps, right?

Wind 2021-07-26 18:04:29

Follow your inner feelings

Yilin 2021-07-26 18:04:26

Thanks

2021-07-26 wants are also feelings

Zhao Jiaman 2021-07-26 18:06:17

@FengLeist said that we will eventually come to a place that is always in agreement with our beingness . Is there any special relationship between this state of agreement and the six steps or one of them?

Wind 2021-07-26 18:06:46

As Lester said, the only thing separating you from beingness is your feelings.

Released, you are

now Yitian (2021-07-26

唯一隔阂为什么不是 want 而是 feelings?

风 2021-07-26 18:09:05

因为 wants 也是 feelings

倚天 2021-07-26 18:11:45

18:08:08)

2021-07-26 Your only guru is yourself.

Wind 2021-07-26 18:13:24

Don't worship external masters; your only teacher is yourself [laughs]. Be independent, which is one of the reasons why masters leave.

Note 1: The chat log from July 26, 2021, is from the "Tiancheng" group and was forwarded by "Yitian".

Note 2: The three steps of the six-step practice method described by Feng are found on page **85 of the exercise book**. Page content: "By following these three things, you will quickly achieve a state of calm and tranquility."

1. Simply release these three desires.
2. Let it continue and release immediately.

Allow the desire for recognition, control, and security to arise in your consciousness, and then immediately let it leave.

3. Make it a tool that you can do yourself.

You now possess everything you need to complete the journey and reach a state of tranquility.

Q&A

Wind: Desire is released when it is brought forth. If not, return to the beginning of the process. Relax your body and feel it again. Identify what the desire is and let it go. Keep it simple and easy; repeated practice will allow you to master it. Thinking and analyzing will make it increasingly difficult to release, because the mind only plays back past experiences.

Q: What should I do if I don't want him to leave?

Feng: Then say "no" and proceed to the next step.

Q: Is the inner child the mental body?

Feng: You've introduced a concept of psychotherapy. But those concepts are inaccurate; our current psychology is based on some flawed assumptions.

"Everyone is combining release with something else, and when you do that, you slow down the release. If you need something else, you slow down the method."

When using the release method, any addition weakens its power.

Q: After you're completely free, do you know where you're going? A: Yes.

Q: Do you really know, or is it just a direction?

Will the physical body suddenly disappear? Wind:

No, unless you consciously make it disappear.

Q: Is that a general direction or something more specific?

Wind: It's very specific, but it's intuition rather than thought, more certain than thought. (Because I'm going into seclusion in a few days, I'll try to answer questions related to actual release. Seclusion for me means returning to a normal life.)

Following this, there are six steps, with course videos and Lester Levenson (The Sedona Method) audio materials, which are sufficient to support everyone in completing the entire process. No teacher is required.

Q: Is it difficult to release fear?

Q: Releasing emotions is so important, so why can Pa Auk Sayadaw meditation

lead to liberation if emotions are not released? Is it only suitable for those with few emotions to meditate ?

Wind: Releasing anything is not difficult; simply release it as a feeling. There are 112 ways to do this. The method of release is the most suitable for our times.

Q: I'd also like to ask what flawed assumptions psychology is based on? This question has been bothering me for a long time.

Feng: Lester has discussed this issue. Psychology believes that emotions are normal, and you just need to adjust them. But emotions themselves are programs, and these survival programs are actually anti-survival.

Feng: As I mentioned before, I've been involved in spiritual practice for many years, but I've never been involved in the spiritual community or the spiritual world. I've always practiced meditation quietly, and after encountering the release method, I released things quietly. So I have no inclination to become a teacher.

Q: Teacher Feng, you're here. I can't seem to get any questions out. Could you guide me on how to address my specific issues? I believe you understand everyone. Feng: It's best to use a standard procedure for release.

Q: Do I have to ask this question before releasing it, or can I just release it directly?

Wind: The issue of releasing desires is very simple, just a sentence or two. But those sentences contain a complete process (follow the video; during the learning phase, practicing with the video is the best way). When consciously releasing desires, apply it.

Q: Just asking this question makes me feel really upset.

Wind: You mean feeling like waves surging forth.

Q: At this point, is it okay to just know that it is a desire, a mental process, without further distinguishing which desire it is ?

Wind: Once you truly get used to releasing, you'll find it easy to release. You need to spend more than 50% of your time releasing each day for the habit of releasing to surpass the habit of suppressing.

Q: What should I do if I
always cry during
release? A: Then cry your
heart out.

Q: I always cry when I release my desires. Should I wait until I'm done crying before releasing them again? Doesn't the emotion disappear after releasing the desire? Am I releasing my emotions incorrectly because I keep crying?

Wind: The efficiency of the release method is beyond human imagination. If it truly is the release method created by Lester.

Q: When do we stop using questions?

Feng: At that time, you naturally knew there was no need to ask. But once you stop, you have to operate according to the procedures.

Q: In a love story, is it necessary for Lester to have flashbacks to past scenes?

Wind: Using memories to evoke emotions is one method, but that's the elementary school approach. The graduate student approach is... Release the stifling feeling only. Release only the feelings that are currently blocking your senses. Release one, then another. When feelings of wanting to control or identify arise, release them. Until the fear of death arises, allow them to surge forth, surge forth like waves.

Q: So, this kind of graduate student style usually doesn't show any visuals, right? Because the release is too fast, while the elementary school student style is easy to get into. A: The graduate student style usually doesn't show any visuals.

Q: I read the group admin's diary entries, and they always seem to experience joy. I do feel relaxed and peaceful, but I haven't felt joy yet. I know I need a release method, but aside from the designated time for it, I always try to escape by playing on my phone or finding other things to do. Is it because the surface-level issues haven't been properly addressed?

Wind: You're releasing it a bit too slowly. Or rather,

there's something wrong with how you're using this method.

Q: I've been releasing it every day, but it's still like

this. I feel like something's wrong.

Q: I always need to feel a strong sense of control and self-affirmation.

Only then do I feel like I'm releasing that sense of control and self-affirmation. Why is this happening? And how can I fix it?

Wind: No need for that. Just follow the simple procedure.

Q: Just follow the simple process. Could you briefly explain what the process is?

Q: When I release, I start hiccuping after taking only the first two steps, and I hiccup for two hours after sitting for two hours. Is this normal?

Feng: I shouldn't answer your questions with analysis, because the method is experiential; it doesn't need that. You just need to answer and then proceed. If it doesn't work, go back to the beginning, practice the process once, then practice it again, until you truly master it. The simpler you are in doing it this way, the faster you'll learn. You can offer some assistance, but keep the process as simple as possible.

Q: Can you check if my process

is up to standard? Are you
feeling impatient?

Yes.

Do you want to get rid
of this feeling of
impatience? Yes.

This feeling is a
desire for control.

Can you let Him

leave?

able.

Has He

left? Yes,

He has

left.

Wind: Yes

Q: I've been practicing for a while, but I haven't felt a
significant sense of relaxation and joy. Is it because I haven't
released my emotions yet? A: Just follow the simple process.

Q: Okay, thank you, teacher! In the video, the teacher mentioned feeling in
the chest and abdomen. Were those three questions asked by the mind? I felt
like they were asked by the mind.

Wind: It is the mind that asks, of course it is the mind that asks.

Q: What is the relationship between that and the chest and abdomen? I'm a little
confused.

Wind: Don't summarize the process in any words. Lester never wrote a book about release techniques during his lifetime. Practice with videos. You can only learn to release by watching others release and experiencing it yourself.

The chest and abdomen are sensory centers, but the precise sensory center is the heart chakra. However, sensations can also be felt in the chest and abdomen.

Wind: My purpose in seclusion is because the path to liberation doesn't actually need a teacher. If I were to remain here answering a multitude of mental questions, it would actually be an obstacle.

The method is actually quite simple: when you try to communicate, you're actually trying to find a mental understanding. That's why I say communication is essentially about mentally misleading each other. If you ask me, I can't offer anything new. Follow the six steps and continuously release your understanding. These six steps are everything you need to know at the knowledge level.

Q: I've been practicing for a month, and I've been working very hard every day. But I haven't found any joy in it. I'm wondering if I need to find an experienced fellow practitioner to help me release my desires.

Wind: It's best not to do that.

Q: I've watched the videos too, but for those who haven't reached that level, they need a crutch to hold onto. Otherwise, some people can't even persevere, and at least your presence gives them some confidence.

Wind: If you haven't mastered it, go through the process again until you do. But if your mind is full of other people's ideas... If you try to turn your experience or tricks into methods, you'll go astray. That's why I don't recommend people summarize their experiences into methods. Always go back to the original process.

完整的流程

首先你要放松身体，一旦你发现自己在用力做释放，需要停下来放松身体。

每次在用力挤压时都这样做。因为很多人因为过去的错误习惯，习惯了去用力。

释放时如果你试图找一种感受，那就是在逃避当下的感受。你全天候二十四小时逃避着当下的感受。

Q: I only release during the designated time of day, avoiding releasing at other times. I really want to change, but I can't. What should I do? A: Release according to its nature.

Q: What should I do if I always want to avoid doing exercises?

Wind: Notice when to release. Release is simple and easy. Release is not an activity that requires a great deal of effort. Some people may have a misconception about release due to previous incorrect practice methods.

Q: My feelings are always unclear, and when I try to find those feelings, I end up adding thoughts into my mind.

Wind: Accept the vague feeling. A vague feeling is a feeling, and you need to recognize that. You don't exist without feelings . You only exist when you don't perceive feelings as feelings. Lester specifically mentions this vague feeling. Vague feelings arise because you are avoiding feelings; go and experience your vagueness.

Q: Have you been cultivating
the Dharma of Release in all
your past lives? Feng: No,
the Dharma of Release is
being introduced for the
first time.

Q: How to feel desire is my biggest challenge. Right
now, it's a feeling in the mind or a sensation in the
body. Wind: When you ask yourself a question, is it a
thought in your mind?

Q: For example, if I ask myself now, is feeling disappointed because I want to
control it? Yes.

Wind: This represents the stage where you move from releasing emotions to
releasing desires. You can trace your emotions back to your desires, which
is also how the course is conducted. Once you are familiar with this, you
can directly release your desires.

Q: When I release energy, there is also a flow, but it's a large area
flowing, not like it "whooshes" out all at once. What is the reason for
this?

Wind: Relax a little more.

Q: What directly affects the speed of progress for each person? In other
words, what determines the speed of progress for two people with similar
habits who practice the Liberation Method together? Buddhism says that the
speed of progress is related not only to the level of diligence but also to
the foundation built over lifetimes—the accumulated merit (paramita). If
one has had correct practice in previous lives, progress will be faster in

this life.

Wind: willpower , the power of intention. That's all it's related to.

Q: How do I

increase my

willpower? A: Just

reduce your

willpower.

Q: What if I'm not really willing? But I know in my heart that this is

the right direction, how can I increase my willpower? A: Get

everything by releasing only. If you have something you want, obtain

it by releasing it.

Q: I feel very relaxed and there is basically no more lag, but there is still a large area of lag. Is this still considered lag?

Wind: Follow the process, don't worry about it. The experience will change as you release, but the most basic experience of release is becoming more relaxed and joyful. Choosing to identify with your infinite existence or your body is entirely a matter of free will. To release is to choose to identify with your infinite existence.

Q: Move up = Emotional energy level elevation = Step Six (more relaxed, happier, more joyful), is that correct? Wind: Yes, every release will make you move up.

Q: When it is released, the energy flows to the edge and stops. It doesn't mean that it flows out and disappears. It should mean that it dissolves. Is it stuck?

Wind: This is getting stuck. In fact, you get stuck as soon as you focus too much on physical sensations. Because feeling is a psychological thing, what you're really releasing is this. The physical sensations you experience—coolness, heat, energy dissipation, blockage turning into flow—all of these occur alongside the release of emotions.

Q: If I just feel the emotions without going through any process, will the emotions automatically transform?

Wind: It will have some effect, it will release a little, but it's far less powerful than the release process itself.

Q: What is the relationship between feelings and thoughts? For example, ask yourself, are you trying to accelerate your release? This is something the mind is aware of, so ask yourself.

Wind: Feeling the driving force of thought

Q: So, can we use thoughts to trace our feelings?

Wind: Wanting is a feeling, a basic feeling. For example, in the exercises in the workbook , from which areas do you want to gain control?

Where do you want to gain recognition? Doing these exercises is a good way to do so.

Q: If I get stuck at the edge, should I still use step five? Step five works when I first get stuck, but it doesn't work when I get stuck at the edge.

What should I do?

Wind: Pay attention to your psychological feelings, not your physical sensations.

Q: What does the phrase "get everything by releasing only" mean? A: It means to obtain everything you want simply by releasing it.

Q: Recently, when I try to release tension, I focus on my chest and abdomen, but I don't feel anything. However, I know I'm trying to control or identify with it. Will this release tension? I can't detect it using the sixth step test either.

Wind: Be careful of your lack of feeling.

Q: Is it normal to burp or pass gas every time I feel like I've released my emotions? A: These reactions are normal.

Q: Is energy being released? A: It's just an accompanying physical sensation.

What does it mean that Lester Levenson (The Sedona Method) always asks you to confirm your gain ?

Wind: This is the purpose of confirming step six. Each release brings benefits. For example, a heavy emotion becomes pleasant after being released. A long-standing habit is broken. A goal is achieved. These are all gains; write them down. They will provide the motivation for continued release. This is also a very important point.

Q: Does not having feelings mean you want to have feelings?

Wind: There is no feeling, it is a vague feeling. Or an indistinct feeling. Consciously paying attention to your vagueness will be of great help.

Q: How do I pay attention to this feeling? How do I release the desire to control it?

Wind: First, notice it, don't rush. If you try to feel it, your feeling is "no feeling." At this point, don't look for other feelings. Just allow this "no feeling" to be here.

Q: So, at this point, you should look at your thoughts about the year and then work backward to figure out what you really want.

Wind: Don't do that yet. First, pay attention to this "no feeling," or rather, the blank feeling. Notice it consciously until you recognize it as a feeling. The lack of feeling, the vague feeling, is just you avoiding feeling. It's not that you really have no feeling.

Your first repressed feeling was the fear of death (the desire to survive), which then developed into a desire for identification and control.

They developed nine categories of emotions and numerous individual feelings.

When we talk about feelings, we're referring to individual feelings, emotions, desires—all of these fall under the umbrella of feelings.

Q: I observed for a while just now and noticed that this blank space indicates anxiety. But what is desired, and the mind needs to trace back to it, tracing back to the fact that you haven't learned to control it yet. Was my approach just now correct?

Feng: This method is fine. Continue the process. You can also directly release this anxiety and familiarize yourself with releasing emotions. Many

people, during the emotion release stage, don't recognize many emotions as genuine emotions. For example, they might think they don't feel anything when they have vague or unclear feelings. But you can't possibly not feel anything; you're avoiding feelings 24 hours a day. You need to train your sensitivity.

You can release the desire to change this vague feeling, and then it will become clear.

Q: After all the releases and the completion of all the procedures, do you feel a sense of joy mixed with sorrow?

Wind: Only joy. If you feel sad, that's a feeling, and you can release it.

Joy can also be released. What happens after release? You'll feel even more joyful.

Q: I've found that sometimes my thoughts and feelings aren't in sync. For example, I might think I want to control something, but after I can't let go of it, I realize later that I actually want to change something else. But this feeling is deeply hidden. It seems to require a very deep insight.

Wind: No need. If you add other things, you'll overcomplicate the method.

That will render it ineffective. Don't analyze. Try to answer the questions

问：如果拿这个吃东西的状态做例子。

风：尽量用直觉来回答那些问题。感觉到你的想要。问自己是想要控制还是想要认同？问：想要吃东西

风：直觉回答一

个问：控制

风：好，允许自己更多地觉察到这个想要控制。然后问自己能不能让它离开？这个流程就结束了。

Q: If I can't find a suitable category for my current emotion on the nine emotion charts, can I directly determine whether it's control or identification, and then release it? Or do I have to find a similar expression on the emotion chart, clarify which emotion it is, and then release it? A: Once you're familiar with releasing emotions, you can practice releasing desires. After you're proficient at releasing desires, you can simply release them directly.

问：想要是不是一种用力的感觉呢？

风：想要就是想要

问：想要是一种抓取的感觉吗？

风：想要控制往往伴随着用力的感觉。想要认同就是你想要被人认同、想要被理解、想要被赞美、想要被爱……

这些概念已经很简单了，因此不要去分析它们。用一系列其他的概念来解释一个概念只是心智的游戏。语言的转换，并不能带给你体验。

Q: Could you give us some guidance in the future? It's easy to get stuck or go astray.

Feng: My guidance is very consistent. Remember the principles. The only thing needed to complete the entire process is six steps. Use the original process; during the learning phase, you can use a workbook as a supplement, keeping it simple.

Q: What happens after the

release of pleasure? A:

Even more pleasure.

Q: Is Yang Dingyi free? I've always wanted to ask this but haven't dared to.

Wind: Don't make me do this kind of certification anymore. Whether you're free or not, experience it for yourself.

Ramanamashashi is free, as Lester often mentions, but his methods are not applicable.

Q: Okay, allow yourself to be more aware of this desire to control.

I don't quite understand this, could you explain it? Wind: It means allowing yourself to feel it.

Q: The concepts of surrender, non-duality, and non-duality are theoretically feasible, but their practical effects are less efficient than the release method. Is this a correct understanding? A: Very few people on this planet can use this method. Before the release method was developed, Kriya Yoga was the fastest method, which Yogananda called the "Airplane Path."

Q: Can this method be fully self-taught and completed without a teacher, all the way to the end?

Wind: Of course. Those who have achieved freedom through the Liberation Law have all walked their own paths. The students Lester taught, however, didn't achieve freedom. This is because they developed a dependency, which hindered their progress. The Liberation Law is a rocket path. Yogananda passed away after seeing Lester's impending awakening. Lester awakened in April 1952 .

Q: When does one awaken? Is it related to one's cultivation in a previous life?

Wind: There are Avatar and Jivan Mukhtar. Avatar is the descent of someone who has attained complete freedom. Not Surya Kriya. It is the Kriya Yoga from Babaji to Yogananda.

Q: Are all those who awaken through the Liberation Dharma in this life predetermined in their previous lives?

Wind: Awakening is a matter of complete free will. There is no free will in other matters, only in one thing: choosing to identify with your infinite existence or with your body.

Q: Religions all claim to offer liberation, so why haven't these methods emerged within religious sects today?

The wind: It's not about the form of religion. Buddha and Jesus were great teachers. But after many generations, their later disciples did not pass on their teachings correctly and accurately. Lester will talk about this in the video. If you don't want freedom, even if you encounter liberation methods, you won't use them according to the six steps.

Hale himself was a teacher and instructor of liberation practices, but he chose to follow his beliefs, altering the simple process instead of continuous liberation. He then mixed in a little something, then a little more, filling his mind with concepts, which replaced actual liberation to achieve freedom. The desire for freedom transcends karma; anyone can make

that decision at any time.

Q: Should we use the release method for the arising of thoughts or the feelings that follow those thoughts?

Wind: The release method works at the level of feelings. However, if you release at the level of emotional categories, clearing one emotional category would require releasing for thousands of lifetimes. Releasing at the level of the three basic desires only takes a month. Because when you release a basic desire once, all the emotions attached to it are gone. If you release thoughts, it would take thousands of lifetimes multiplied by thousands, which is too inefficient.

The true method of liberation is to release basic desires.

The desire for control, the desire for recognition, the desire for safety/survival (fear of death)

Q: This is what really bothers me. Why do I still want to cry after I release my desires? Shouldn't this emotion just disappear ?

Wind: Continue to release

Q: If you lose a lot of money in business and experience feelings of regret, frustration, and loss, is it true that behind these emotions lies a desire for security, and you then seek to release that desire for security?

Wind: Hmm

Q: Today I tried something that made me exert more effort in my mind. I wrote down the questions, over and over again, filling seven or eight large sheets of paper. I asked and answered them myself. I felt like I wasn't straining my brain as much.

Wind: There's

no need to
write.

Question:

Self-dialogue?

Wind: This can be considered a change to the release process. Because the release method doesn't require any self-dialogue. Just face and release one feeling at a time . If everything comes out at once, of course it will get out of control. So don't rush the release, relax. Release one feeling at a time. Question: How do you release a target?

Wind: Releasing your goal is simple:
release all your feelings about the goal.

Question: Is it also about control and
identification?

Wind: Of course. If there's a desire for safety, then release it. Once you've mastered it, you only need to release three things: the desire for control, the desire for recognition, and the desire for security. This encompasses all feelings; the desire for security lies beneath the desire for control and recognition.

Q: Why not just release the desire for security?

Wind: You can only directly confront your desire for safety after you've released enough of your need for control and validation. Otherwise, you'll continue to want to escape. The desire for control and validation will keep surfacing.

Q: Is everything in the material world manifested by consciousness using

energy?

Wind: The material world is merely a manifestation of thought. All your thoughts, subconscious and conscious, will make it easier to face the desire for security.

Q: In what aspects is it easier to be easier?

The wind: It won't shrink back all at once. The desire for safety is tinged with the fear of death.

Q: From your perspective, could you offer some advice on children's education? Feng: Lester has already given advice.

Lester Levenson (The Sedona Method) 's advice:

It's wrong to leave a child crying; that's not good for their lungs. It's cruel to let a child cry without checking what they need and taking care of it; this kind of care for a child's needs can greatly reduce their insecurity as adults.

Today's education is completely wrong.

If you take an infinite life form and try to force it to memorize things, you will stifle its ability to evolve and its creativity, and you will also stifle its evolution.

Do you need to teach a flower how to grow beautiful? We should have the same attitude towards children. We should allow children to evolve naturally and express their inherent abilities. When you look at it from this perspective, you can see how narrow our education system is. Take universities, for example. They tell you that you must think for yourself, but if your ideas differ from the professor's, you will fail.

During my first semester at university, I was told that now that I was in university, I should be able to think for myself, so I did. As a result, I failed all the subjects in the first two midterms that required me to think for myself.

I was really struggling internally, and finally I asked one of the professors if I could see the exam papers of other people who got high scores.

After reading it, I realized they answered exactly as he had told us. Then I understood everything; if I thought the way he did, then I was intelligent; otherwise, I was dull-witted. Even though he had told me I should think for myself.

So they don't really want you to think for yourself; they want you to think the way they think.

After that, everything was very simple. I took good notes and remembered to answer the professor's questions; with minimal effort, I got the highest score.

Q: Does it mean having more inner strength to face the desire for security? Feng: You could say that.

Q: Is the desire for control and the desire for approval easier to deal with than the desire for security?

Wind: Hmm, because they're on the surface. Whenever you want to safely float to the surface, you release. If there's still a lot of wanting to control and identify with the surface, then you release that desire for control and identification.

Q: If you're releasing all feelings about a goal, why is there still a feeling of love at the end, and what's the difference between that and the feeling of already possessing? Does having no feelings count as releasing all feelings? I often feel like I believe I possess, or rather, it seems like I've released all feelings. But I can't move forward. How should I guide myself? Should I ask myself if I want to feel like I already possess?

Wind: Release is not painful, it's simple and easy. Pure love is your infinite existence itself. Once you feel possessed, you can continue to release. If you're stuck here, feeling trapped, and you feel this trapped feeling and want to change it, then release that desire for change. It's a very simple process.

Q: What will happen if I release the blockage? Love? Or will I feel nothing at all?

Wind: There is no "no feeling . "Complete no feeling is Nirvana. Release all your feelings about the goal. Until the goal is achieved.

Q: If you don't know the date, do you have to do it every day? Or is achieving a goal a feeling, not the day it happens?

Wind: When you completely release yourself from your goal, you will feel that it is already yours. In fact, at this moment, the goal has already been achieved. With complete release, you will feel complete possession, and your mind will no longer revolve around it. You will naturally let go of it.

It will come soon. Because it has already been realized, it's just that the material world is delaying its manifestation.

问：如何释放不可能的感觉呢？

风：不可能的感觉也是一种感觉。一样的流程。最快就是释放三大基本欲望。怎么会什么感觉都没了呢？这个是同样的问题。你不可能没有感觉。除非你已经完全自由了，你是无限存在。
"没有感觉"也是一种感觉。模糊不清的感觉。继续释放它就行了。

问：这个最难释放。

风：放轻松。把它当成一种简单的感受来释放。

Q: Can the desire to control this impossible feeling be released? Can it be released in this way? Wind: It can be released in this way when you are stuck.

Q: Are the desires for control and recognition easier to confront than the desire for security? Well, because they are superficial. Why are superficial desires easier to confront?

Wind: Because you only need to allow them to surface. Some you might not even recognize. Wanting control means you want things to happen the way you want them to. Wanting approval means you want others to approve of you.

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